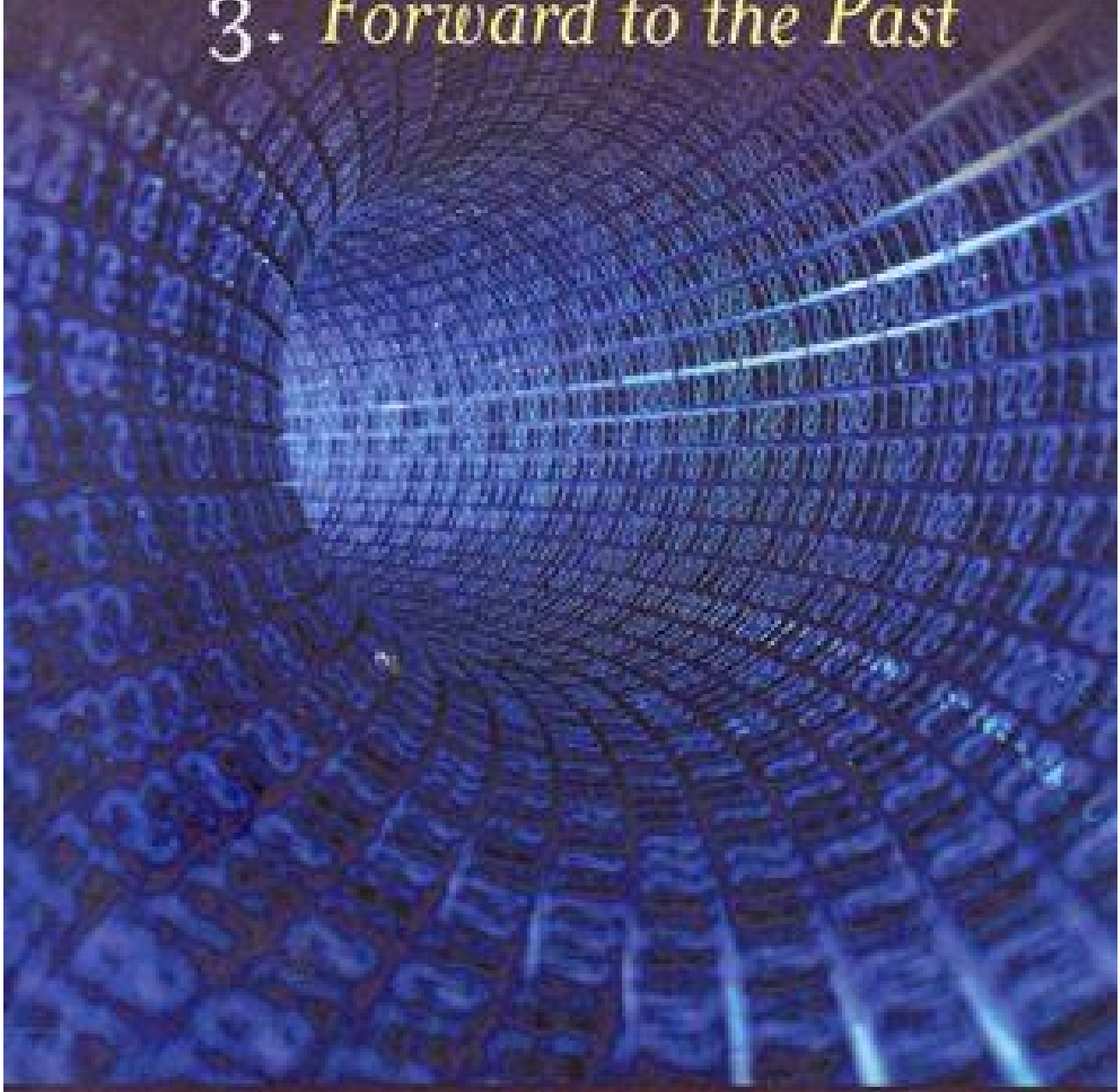
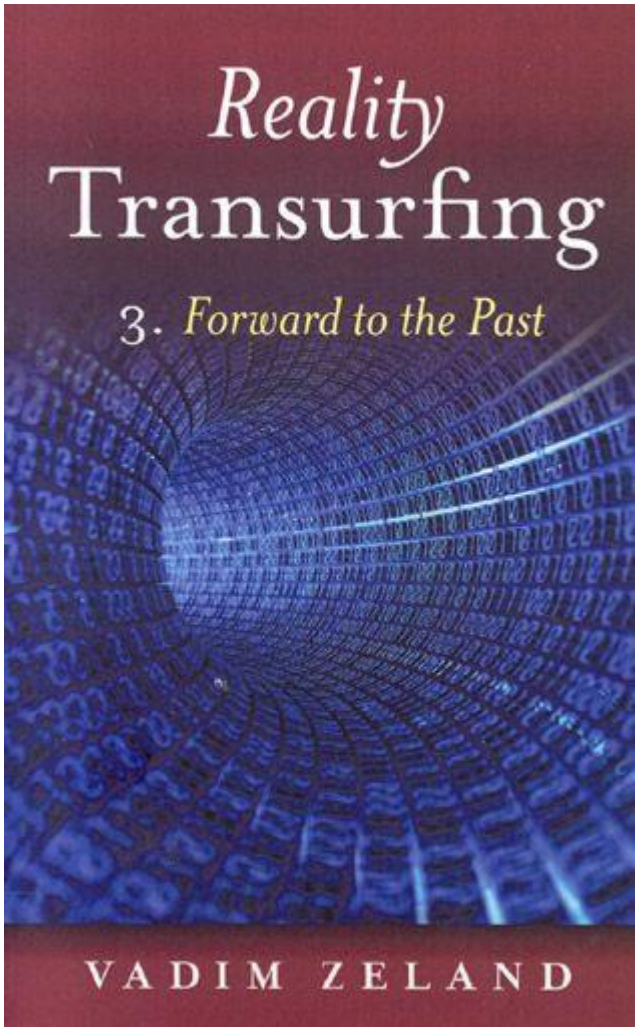
Reality Transurfing

3. *Forward to the Past*



VADIM ZELAND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VOLUME III
FORWARD TO
THE PAST

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USA and Canada
NBN
custserv@nbnbooks.com
Tel: 1 800 462 6420 Fax: 1 800 338 4550

Australia and New Zealand
Brumby Books
sales@brumbybooks.com.au
Tel: 61 3 9761 5535 Fax: 61 3 9761 7095

Far East (offices in Singapore, Thailand, Hong Kong, Taiwan)
Pansing Distribution Pte Ltd
kemal@pansing.com
Tel: 65 6319 9939 Fax: 65 6462 5761

South Africa
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Reality Transurfing

VOLUME III
FORWARD TO THE PAST

Vadim Zeland

Translated by Natasha Micharina
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Reality Transurfing 1:
The Space of Variations
Reality Transurfing 2:
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Note on Translation

In accordance with the convention of the language the book has been translated in its original masculine form (He, Man, Mankind etc.)

FOREWORD

Dear Reader!

In all times, people have had a vague suspicion about the existence of certain powers, controlling the destiny of man. Fear of the unknown has always been the incentive for creating all kinds of fantasies and myths, starting with ancient legends and ending with models where man is nothing but a small part in a grotesque monster-structure.

Every one of us is concerned with the extent to which we are able to control our destiny. That is exactly why magic and hidden psychic potential have been and are still of great interest.

This book will, no doubt, satisfy your curiosity, as it approaches this question from a completely unexpected standpoint. Transurfing opens a magic door into the world, where you shall encounter very odd and unusual things. You will find out that you can control your reality. And in Transurfing, a goal is not achieved, but rather realized mostly by itself.

This sounds incredible only in the context of the ordinary worldview. We are all in the box of false limitations and stereotypes. It is time to regain consciousness and wake up from this delusion.

Despite their fantastic nature, the ideas on being able to control one's reality have already had practical confirmation. Long before this book was published, Transurfing was already quite popular among the Internet reading public.

In an incredible way, the world around a transurfer is literally being transformed before his eyes. When everyday reality comes before you, unfamiliar in its form, it looks great. There is no mysticism – everything is real. And the pioneers of Transurfing have already had the chance to learn that by personal experience. Here are only a few testimonials which speak for themselves.

“As strange as it may sound, Transurfing really works! Amazing! Some of the things that started happening to me cannot be called anything but miracles. I never would have thought that something like this was possible.”
“These books had an enormous impression on me! I am experiencing something of a childlike glee, as I am beginning to understand things that I previously only suspected were true.”
“I suddenly saw happiness around me, and now it only keeps growing every day! Strange, but it has always been here with me, I just didn’t notice it.”
“I must tell you this is the kind of book I’ve been missing all my life. It very much describes the interrelation of my soul and mind”.
“At first, there was a feeling of a reality shift. I was no more – I was in the stream of energy that was radiated by…Words? Meaning? I cannot explain it. Then, as if some thrust pushes you up to the surface, and for a while you do not get anything at all”.
“All of my vital questions started to resolve themselves smoothly; everything is sorting itself out and getting into place. Great!”
“I do not have enough words to describe the state I am presently in. This is just roughly: silence, calm, happiness…”
“It really works. All the rest doesn’t matter”.

CHAPTER I

ENERGY

To practice Transurfing you need to be of good health and have a relatively high energy level. In this chapter, you are provided with simple and effective recommendations on how to increase your vitality and how to get your energy up at the right level. For that to happen, it is not at all necessary that you exhaust yourself with training, diets and other ways of forcing yourself.
Do not fight for your health and do not save energy.
Let these things inside you.

Your Life Force

For the practice of Transurfing to have an effect, you need to be of good health and have a relatively powerful life force. Let's suppose that you think you are already pretty healthy. But, perhaps, you do not really know what it feels like to be a truly healthy person. If you are too lazy to get up in the morning, if you do not feel like going to work or to school/university, if you feel soggy and sleepy after lunch, if in the evening you do not want to do anything else but to make yourself comfortable in front of the TV, then you are not healthy at all. In that case, you have only enough energy to maintain a fixed level of existence.

Having gotten rid of the weight of excess potentials and having freed yourself from pendulums, you've got plenty of extra energy that was spent in vain before. But you can never have too much energy. Later on in this chapter, I will give you advice on how to get your life force up to an even higher level.

By life force, we will understand the ability to assimilate and use energy. We can identify two energy types in a human body: *physiological energy* and *free energy*. Physiological energy is obtained as a result of food digestion. Free energy – is Space energy that passes through the human body. Together they form our energy sheath. Human energy is spent on the performance of various physical functions, but it is also being radiated out into the surrounding space.

There is an unlimited amount of Space energy. However, man is only able to take in but a miniscule part of it. Space energy moves through the human body in two directions. The first flow runs *upwards*, and is located an inch in front of the spine in men and two inches in women. The second flow runs *downwards*, and it is resting almost right against the spine. The amount of free energy one has depends on the width of the central energy channels. The wider these channels, the higher are your inner energy levels.

The central energy flows were discovered a very long time ago. We shall not go any further into exploring the details of human energy structure. If

you are interested, you could read some of the literature on the subject. The energy moves in the human body in a rather intricate way, but that shouldn't worry you. For our purposes, it is enough to focus on the two central flows.

If the normal flow of energy is interrupted, meaning when there are "bottle-necks" or "holes" created somewhere in the flow, various diseases arise. And the other way around, if an inner organ is subject to illness, then the energy appears distorted. It is hard to draw an exact line distinguishing between a disruption to the energy flow due to physiological causes, for example, too high levels of toxins in one's body, and physiological dysfunction caused by changes in the energy flow. Acupuncture, acupressure and other similar methods could restore the normal energy flow, and then the illnesses, caused by a disruption to the energy flow, will go away. But the effect will only be temporary. For everything to be in order, you need to care for your physical body as well as for your spiritual body.

The life force of a person is tightly linked with the state the muscles of his body are in. Tense muscles make it difficult for the invisible flows to pass through your body and create interference in your energy radiation. A person that is tense inside, could join a relaxed group of people and, not having said a word, change the general mood, it's as if tension is hanging in the air. That is how other people perceive negative energy without being aware of it. Tension creates an inconsistency in the general energy field and gives rise to balancing forces. Balance could be restored by either reducing energy to a common denominator, or by extinguishing the appeared potential with the energy of the opposite sign. For example, as a result, the group starts making fun of the all too constrained person.

One's mood and vitality are directly linked to one's life force. Feeling depressed, stressed, drained, tired and apathetic are all signs that you have too little energy. Physiological energy alone is not enough to maintain a high level of vitality. A man could be physically tired, but satisfied and energetic nonetheless. And it could be the other way around: a man could be satiated and unwearied, and still feel depressed and sluggish.

Free energy is what plays the main part in the active life position of a person. If you do not want anything at all, then you obviously lack energy.

When there is too little energy, you could make yourself perform routine functions, but it will be difficult to create or take any initiative. Behind every active action of man there is intention. If there is no free energy, there is no intention.

Physiological energy is strictly speaking used on performing an action. We will be mostly interested in the first type of energy, which is the energy is spent on shaping intention. And that is the energy of intention. Only thanks to the energy of intention we get the determination to have and act.

Stress and Relaxation

Feeling depressed or tense blocks central energy channels. The central energy channels become narrow, and the flow of free energy slows down or stops all together. In a state like that, intention loses its energy source. When stressed, a person is unable to act efficiently, as his intention is blocked. Stress could also have an opposite effect on the energy channels. These could suddenly widen, and then one could perform incredible actions that one would not be capable of doing in a normal state. There are known examples of this, but it happens rarely. Most of the time, when you are stressed, your talents and potential drop considerably.

Throughout the day, you go through a lot of stressful situations. These situations vary in their degree of influence, from the weakest instances of stress, which we forget about right away, to strong stressors, which get us off balance for quite some time. The natural reaction of an organism to stress is tightening a particular set of muscles. These tensions are already so deeply set in our habits that we simply do not notice them. For example, while reading these lines, you are tightening separate muscles of your face. But as soon as you became aware of these muscles, they are instantly relaxed. In a couple of minutes you will forget about your face, and it will once again freeze in an expression, reflecting your emotional state.

There is the false stereotype that you could get rid of stress through relaxation. In reality, when you are relaxing, you are trying to fight the consequence not having eliminated the cause. The cause of physical tension is psychological tension. Depression, anxiety, irritation and fear cause your muscles to contract in spasms. Of course, consciously relaxing your muscles will provide small and temporary relief. However, psychological tension will get things back the way they were. *In order to eliminate psychological tension, you have to drop importance, and that is all you need to do.* You are tense only because of the excessive significance you attribute to something that's bothering you.

Stress is a consequence of importance. You could get rid of stress in an instant – simply drop importance. Maintaining importance is both pointless

and bad for you. You could never change the situation for the better and act efficiently, having the weight of importance on your shoulders. When you are stressed, it is enough to wake up and become aware of the fact that a pendulum has got you hooked on importance. It is easy to determine what this importance is in every given case. Remind yourself: having dropped importance, you will be free from the pendulum and thus, you will be able to act efficiently. You need to be aware of the fact that elevated significance is *always* working against you.

In any difficult situation, it is enough to remember about importance and consciously lower significance. The only difficulty is to *remember* it in time. When you are stressed, you are asleep and you do not remember anything about any Transurfing. *To get rid of stress, you need to wake up and drop importance.*

If you have a habit of paying attention to the emotional comfort of your soul, then you won't have trouble remembering. Every time, when experiencing discomfort, ask yourself the question – why? Where did you elevate significance? No matter how "important" it is to you, reject importance consciously. Act only within the limits of purified intention. Only then will you be able to act efficiently.

In order to become immune to stress, you need to replace your old habit of getting tense for every possible reason with a new habit: to be, when possible, in a relaxed state. Being in a relaxed state doesn't at all mean indolence and apathy. It is a state of being in harmony with the outside world, it means *balance.* Balance assumes the lack of internal and external importance: I am neither bad nor good – the world is neither bad nor good; I am not pitiful nor am I important – the world is neither pitiful nor is it important, and so on.

The lack of importance or, at least, a low level of such is what you need in order to reach a state of relaxation. Whenever there is elevated importance, relaxing is pointless. For example, you probably won't be able to relax, when standing on the edge of a roof of a tall building, if you are afraid of heights. *If you cannot drop importance, then, at least, you shouldn't be wasting your energy on relaxation.* Otherwise, you are spending your energy not only on maintaining control over an important situation, but also

on controlling yourself. You don't need to do that – *let go of yourself and worry all you want.*

To practice Transurfing, you'd need to be able to get into a state of relaxation under any circumstances and in the least amount of time. You won't need any verbal self-suggestions, because your muscles are not controlled by words, but rather by intention. The majority of your body muscles can be relaxed consciously, by simply paying attention to them. Usually, we do not pay attention to our muscles, until we feel pain or discomfort. Thus, it is enough to go through your entire body with your inner gaze and one by one release the tension in your muscles. However, there are muscle groups that have grown out of habit of submitting to intention. This has to do with the modern inactive way of life. For example, it is hard to have any conscious control over the back muscles. Thus, as you are getting older, your back starts hurting. No matter how trivial this may sound, yet regular exercise, for back muscles in particular, is absolutely necessary.

And so, this is how you do it. Go through your body with your inner gaze without haste, yet quickly, and let go of any tension. Pay attention to the entire surface of your body, as if it was a whole. Imagine that your skin makes out a sheath that is suddenly and quickly being heated from the inside. Focus your attention on the surface of your body. Imagine anything you want: your skin getting warmer or you feeling a tingling sensation on your skin, or that there are energy discharges running along your skin. The important thing is that you feel that you have skin. And now imagine how energy is shimmering along the entire surface of your body, as colorful stains on a soap bubble. In that moment you are part of the Universe and you are in balance with it. You do not need to try hard to achieve some kind of special sensations. Every person feels things in his own way. You shouldn't be trying hard at all. Do it as if in passing, but decisively. The integral sensation of your body's surface with tints of energy is being in the state of relaxation, balance and unity with the world around you. After a few attempts, you will be able to do it in seconds, and soon it will be as easy for you to get into a state of relaxation, as it is to cross your arms on your chest.

Energy Vampires

We are all swimming in an ocean of energy. But it is not that easy to obtain that energy, as it is not differentially distributed in regards to human beings. To consciously obtain energy, a person must widen his energy channels on purpose, and deliberately let this energy flow through his channels. For example, you are drinking water deliberately and intentionally, but you cannot let energy into yourself with the same clear sensation. In principle, a person has the possibility to intentionally "recharge" his batteries with Space energy, but this ability is at an embryonic stage.

It is much easier to get assimilated energy off someone else. This is what, so called, energy vampires take advantage of. Such energy is easily assimilated, because it has a specific frequency. In order to get someone else's energy, you need only to tune into that frequency. In the exact same way, the oscillating contour of a radio receiver doesn't actually capture all wavelengths, but only those, which it has been tuned to. Vampires are feeding off the already assimilated energy of others. For these purposes, they tune into the frequency of that energy's radiation.

A vampire tunes into the frequency of its victim on a subconscious level. It could look different ways on the outside. He ingratiatingly comes up to you with some kind of insignificant question, intrusively looking into your eyes, trying to touch you, to hold you by grabbing your arm, he keeps pestering you with small talk, he knows how to adjust to someone's personality and temper. Basically, he creeps into your soul and tries to find the fraile of his victim. This is the type of "the ingratiating" vampire. He is, usually, a good psychologist, social, but not charming, instead he is annoying, and one can feel it right away. Although, he is aware that he is being importunate and tries to not come off as such whenever possible.

Manipulators are another type of vampires. A manipulator, as you know, plays on the feelings of guilt of other people. Such a vampire is on a subconscious level looking for people that are potentially disposed to submit themselves to someone else's judgment or to ask others for council in a difficult situation. In the same way, a person with even the smallest

guilt complex is on a subconscious level looking for someone to judge him, and then have mercy on him right away. The people that need support and advice are the ones that have doubt in their convictions and submit themselves to someone else's judgment. Thus, the vampire and his victim find each other, and each gets what he or she needs. The manipulator has no hard time tuning into the frequency of his victim. The mechanism behind this is very simple: one only need to, in passing, touch on the problem that worries that particular person and he will instantly serve his energy on a plate.

The third type of energy vampire is the most crude and aggressive one – it is the "provoker". A person like that immediately, and without thinking too much, launches a direct attack and tries to get his victim out of balance. You already have a pretty good idea about how provokers work. All possible means are used here, starting with unapparent harassment and ending with rude extortion. The main thing is to make the donor lose his temper. What his reaction will be – rudeness in return, annoyance, indignation, fear, hostility – it doesn't matter, everything will do.

A person becomes a vampire unconsciously. Just as unconsciously is he trying to make use of someone else's energy. Throughout his life he notices that there are situations that bring him satisfaction and a rush of energy, and then, without being aware of it, he attempts to repeat the gained experience. After a "séance", a donor feels drained. If, after talking to a person, your spirits are low, you feel empty, weak or shiver, then you have been "used".

However, pendulums are the ones to grab the lion's share of people's free energy. You already know how they do it. Pendulums receive energy through the channel of importance. Unlike a vampire, who acts for a short time, a pendulum could keep drawing energy forever, while the person is transmitting his radiation on the frequency of a pendulum. The magnitude of this radiation is proportional to importance.

When something worries and bothers you, your life force is weakened. People and animals around you sense it intuitively, on the energy level. Hence, your awareness and self-confidence are on the low. A dog could bark at you specifically, when you are walking down the street. A gipsy could start annoying you and cheat you out of your money. An energy

vampire could get a good portion of energy from you. You could easily get involved in a problematic situation.

You don’t have to see a potential vampire in everybody. By worrying about it, you are already providing access to your energy field. To protect yourself from unwanted influence, you must keep strengthening your energy sheath, watching the level of importance and cultivating awareness within.

Awareness will allow you to realize at the right moment that someone is trying to draw you into a game or a trap. A low level of importance will make it more difficult tuning into your frequency. You should pay special attention to signs indicative of the smallest feeling of guilt. If I am empty, then I have nothing for a pendulum to hook onto. The manipulator, having made one-two unsuccessful attempts, will leave you alone. Well, and a strong energy sheath will serve as a secure protection against any intrusion.

The Protective Sheath

Every person is surrounded by an invisible energy sheath. An ordinary person is unable to sense it, but he can imagine it. Get a feeling of the entire surface of your body, as is the case when you sink into a hot bath. I am not saying “try to”. Just do it. When you are not trying, but doing, it works right away, and there is no need to practice. The energy extends as a slow wave from the centre of your body, emerging on the surface and getting into the shape of a ball. Imagine the ball enveloping you. This is your energy sheath. It doesn’t matter that you cannot really feel it. By simply imagining it, you are already making the first step to controlling this sheath. Eventually, you will experience it for real.

People with developed extrasensory abilities are able to see both the actual sheath, and all of its defects. Everyone has extrasensory abilities already when they are born. It is just that these abilities are not being used, and are thus dormant. You could activate them by prolonged training or in a blink of an eye – it is simply a matter of intention. Of course, it is rather difficult to obtain that kind of intention. But for our purposes it will simply be enough to get our energy sheath back into a healthy state. A weak sheath is defenseless, if a forced intrusion were to take place.

You could develop and maintain your life force at a healthy level by regularly doing a special kind of exercise. It is very easy to do and it will take only a couple of minutes of your time. Stand up straight, so that you feel comfortable, without creating tension in your muscles. Inhale and imagine a flow of energy coming up from the ground, entering your body in the area of the perineum, moving along the spine (on approximately the same distance as mentioned above). It exits from the top of your head and goes up to the sky. Now, exhale and imagine, how somewhere high in the sky a flow of energy is descending, entering your body through the top of your head, moving along the spine and exiting down into the ground. You do not have to be able to physically sense these flows. It is quite enough to simply imagine this process. As times goes by, your sensitivity will improve so that you will be able to sense the passage of these flows.

Then imagine how the two flows are moving towards each other at the same time, without crossing over, each parallel to the other. At first, do it on your inhale and exhale, but with time, try to abandon the practice of connecting the streams to your breathing. You could make the streams flow faster; giving them more might with the power of your imagination (intention). Now imagine the rising flow coming out of your head and spread over your head like a fountain. The descending flow is spreading in the same way, only in the opposite direction, right under your feet. There are two fountains – one above and one below you. Connect the splashes of the two fountains in your mind, so that you end up inside an energy sphere. Then direct your attention to the surface of your body. Simply feel the surface of your skin, and then extend this sensation into a sphere, like when a balloon is expanding, if someone were to inflate it. When you are inflating the surface of your skin in your mind, the sphere, consisting of the two energy fountains is fixed. All of this is being done without any effort. You shouldn't be trying hard to feel something.

Do not worry if you cannot physically feel the central channels. You are so used to their presence that you have stopped sensing them, as any other healthy inner organ. Regularly, from time to time, focus your attention on these channels, and you will soon feel a physical sensation. It won't be as powerful as, say, the sensation of touch, but it will still be real enough.

This is the energy exercise I was talking about. By closing the flows into a sphere, you are creating a protective sheath around yourself. By expanding the surface energy of your body into a ball, you make the sheath stable. It is hard to exaggerate the benefits of such an exercise. Firstly, the sheath protects you from intrusion. Secondly, by exercising your life force, you are cleansing the ethereal channels. Clogs that were previously obstructing the movement of energy are flushed out, and the holes in you aura that were seeping energy before, are closing up. All of this doesn't happen right away. It is a gradual process. But then, on the other hand, you won't need to keep turning for help to reflexologists and psychics. You are restoring the normal flow of energy in your body yourself.

It should be noted that an energy sheath cannot protect you from vampires and pendulums. These are downloading energy by tuning into your

frequency. When a pendulum is trying to hook onto a victim, the victim gets out of balance. In that moment, in order to make the pendulum fall through, you need to wake up and drop importance. Your muscles will relax, your inner energy will get back into balance, and the pendulum will fall through into emptiness. After all, if you are not swinging yourself, then the pendulum won't be able to take away any of your energy. You need awareness to always control those moments when you unwittingly get out of balance.

Increasing the Level of your Life Force

Increasing the level of your life force doesn't at all mean that you should be accumulating it. This might strike you as odd, because we are used to phrases like "I don't have enough energy" or "I am full of energy". You can only accumulate physiological energy and that in the shape of calories. You just need to have a fairly good diet and rest regularly. There is no place in the human body for the free energy to accumulate. It comes into your body from Space. If the channels are wide enough – you've got energy, if they are narrow – you don't. Thus, having a strong life force is first of all about wide channels.

There is unlimited free energy in any given particle – take as much as you can carry. You need to learn how to let this energy into yourself and how to feel that you are part of the Universe. It shouldn't be something you only do once. You need to always strive towards feeling as one on the energy level with the world around you.

Man believes that if he will manage to accumulate a lot of energy, he will become strong and he will be able to achieve success. Accumulating energy this way is only a preparation for influencing the world by the power of internal intention. As you already know, any attempts to change or conquer the world by means of force – is an extremely difficult, unrewarding, inefficient thing to do and, consequently, it is extremely energy demanding. A man, when interacting with the world by the power of internal intention, is thinking too much of himself. In reality, he is just a drop in the ocean.

External intention doesn't change the world and it doesn't fight it either. In this world, it simply picks out what is required. There is no need for external intention to bargain for goods, or to take them away from the shop assistants in "The Space of Variations Shop". For external intention to work, you do not need to accumulate energy. There is plenty of it everywhere anyway – we are literally swimming in it. Accumulating energy – is the same as swimming in a lake, and store water in your mouth. *Don't try to accumulate energy. Instead, let it pass freely through your body as*

two counter streams. From time to time, you may close these two channels into two opposite fountains. That is all you need to do.

Don't strive towards becoming a lump of energy; instead imagine that you are a drop in the ocean. Accept and feel that you are one with the Universe. You are a part of it, and then all of its energy is at your disposal. Don't store energy in your body. Instead - merge with the Universe. Expand your energy sphere and dissolve it in the surrounding space, while keeping in mind that you are a separate particle. Then, by merely moving the little finger of external intention, you will manage to do in a certain amount of time what could never be done with internal intention. I am talking about achieving your goal, and not about the internal intention to punch someone in the face. Instant need can in fact only be satisfied by the power of internal intention.

There will be enough free energy available, if your energy channels are not too narrow. The narrowing of energy channels could happen for two reasons: due to toxins in your body and being constant state of stress. When there are toxins in a body, energy cannot flow freely. In stressful situations, the channels get even tighter. Short flashes of energy are often followed by prolonged periods of decline in energy. At periods like that, you cannot live a fulfilling active life. Instead, you are dragging out a prearranged existence.

As time goes by, energy channels shrivel more and more. This is due to the fact that, as man grows older, he stops developing, he enters an ordered life rhythm, and basically stops working with the channels. You exercise the channels when you have to use intention at a maximum level. By achieving vitally important goals, you are stimulating intention, and thus, the channels. As soon as the main peaks have been taken, the bar of intention is gradually lowered. And then the time comes, when in the evening (and not only in the evening) you only want one thing – to spread out in the armchair in front of the TV. The energy channels are narrow, there is no energy of intention, and life is a burden to you rather than a source of joy.

Fortunately, you can easily do something about that. You won't have to force your intention to reach new tops. *Energy exercise is great training for energy channels.* But it would be even better, if you were to as often as

possible carry the feeling of central channels and the ethereal body. Being in this state has a lot of advantages. You are in harmony and balance with the world around you. You are very sensitive to the changes in your surroundings and you are successfully moving with the flow. You are connected to the informational field – the unlimited source of creativity. You get access to the energy of Space. You are transmitting a harmonious radiation, which creates an oasis of well-being and success around you. But most importantly – you are acting on the border of the unity of your soul and mind, that is, in your acting you are closer to external intention. So, your ability to control external intention develops, and thus, your desires get fulfilled increasingly faster and easier.

It would be enough to, now and then during the day, activate the fountains of the energy flows and try to boost them in your mind. Just don't be diligent and don't exert yourself in this endeavor. If, while practicing, you feel a bit heavy in your head, then the rising stream exceeds the descending stream in its power. In that case you should focus your attention on the descending stream and boost it a little bit. The streams must be in balance, so that the central point is somewhere in the middle of your body. From that point, mentally direct your radiation at the entire energy sphere, while doing that the sensation of your ethereal body will get significantly stronger. Thus, you should obtain an integrated sensation of the rising and descending flows connected with the feeling of your energy body.

If one were to focus attention on the descending stream, the energy center will move down. And the other way around, if one were to focus on the rising stream, energy will accumulate in the upper part of your body. Moreover, the physical center of gravity will move just like the energy center. You could make use of this particular quality of energy streams when doing sports. If you need to stay strong on your feet, like for example, in Alpine skiing, you only need to increase the descending flow. And if you need to jump, then increase the rising flow. Masters of martial arts are well acquainted with these particular qualities of the energy flows. There are such experts that are practically impossible to move, if they have focused on the descending stream. And then there is the opposite case, if the master has focused on the rising stream, he could perform the most incredible jumps.

When exercising, pay attention to the central channels. You shouldn't be doing it all too diligently – diligence will get you nowhere. Just once in a while throw your inner gaze on the area in front of your spine and imagine how the rising flow is moving upwards, and the descending flow is moving downwards. If you will keep moving the central flows in your mind, then gradually you will develop a free habit of sensing them. It may seem that some movements do not in any way match the visualization of the flows. Do not be in a rush. With time, you will learn to easily match any movement with the sensation of the flows.

If you are doing muscle-strengthening exercises, you could significantly increase your life force by focusing your attention on the central flows. When doing a muscle challenging movement, attention should be focused on your muscles. When doing an inverse motion, where your muscles relax, attention should be switched over to the central streams. You should hold the moment of relaxing your muscles for one-two seconds and feel the movement of the flows.

Let's take the pull-up exercise on a horizontal bar as an example. At the start of the pull-up, you hold your breath, do the pull-up, exhale, your attention is focused on your effort. Then, while going down, you inhale, the muscles relax, and your attention switches over to the central flows. Imagine that during the relaxing, the central flows are moving simultaneously in both directions. You must straighten out your elbows all the way and hang on your arms one-two seconds. Then you will clearly sense the energy flows – it is as if they have been released and start moving little by little. You do not need to increase their movement in the moment of relaxation. Release them and give them the opportunity to move freely.

When doing pushups on the floor, you could do the opposite and push the central streams along by force. Having straightened your arms, you should simultaneously push the streams with force in your mind on the exhale. Inhale and exhale while doing the exercises in the order that suits you best, so that it doesn't cause any discomfort. But overall, in the majority of muscle-strengthening exercises, at the effort demanding moment you should hold your breath or exhale, and at the moment of relaxing the muscles – inhale.

Having paid attention to the flows, you are thus already stimulating their getting stronger. Alternating effort and relaxation stimulates them even more, if you direct your attention correctly. At the stage where you tighten your muscles, the flows have stopped and contracted, like springs. During the stage of relaxation of your muscles, the springs are straightened, and the force of the flows increases. After the tensing, the accumulated and contracted energy is released and is literally pushing its way through the central channels by force.

Increasing the level of your life force won't only increase your vitality, but it will also make you a more influential figure. Your radiation will get weightier. This will come in handy when you'll need to influence someone or convince someone of something. There are also well-known methods of influencing people by interfering with their energies, but these go against the principle of Transurfing, which says that you have no right to change anything – you have only the right to choose. There is no need for you to fight or put pressure on the outside world. It is a very inefficient method of achieving your goals. As you know, the world usually answers to any pressure in kind.

The higher the level of your life force, the better people treat you, because they feel your energy on a subconscious level and, in some sense, they even use it. But ordinary people do not feed on your energy on purpose, like pendulums. It is as if they are bathing in someone else's life force, if there is plenty of energy and it is overflowing from your "fountains".

By granting the excess energy to others, you get them to like you. People are so used to giving away their energy to pendulums that they are always happy to come across a source that is actually giving out its energy. Among these sources we find so called magnetic or charismatic individuals. People say about them: he or she possesses an unexplainable charm, a magnetism of some sort. And it is not surprising. What is more appealing to you: a puddle with stagnant water or a spring with pure water? Do not worry, if others use your energy. That small excess of energy that you give away to other people will only do well for you.

Let's assume that you have a very important meeting before you. Abandon importance and activate your central channels. Let them gush forth. You

will need much fewer smart words and convincing arguments. Just turn on your fountains. By attracting free energy and letting it pass through you, you are endowing people around you with energy. They will sense it on a subconscious level and, without even being aware of it; they will take a liking to you. The secret behind your charm will only be a mystery to them.

The Energy of Intention

As already mentioned, energy enters the human body in the shape of central flows. It is then being shaped by thoughts and upon exiting the body it acquires the parameters that correspond to these thoughts. Modified energy is imposed onto the corresponding sector in the space of variations, which leads to the material realization of the variation. This modification only takes place when the soul and the mind of a person are united. Otherwise, thought energy would be like static in a radio receiver.

By the force of internal intention you will be able to perform basic actions in the physical world. However, a potential possibility in the space of variation is materialized only by the force of external intention. It happens, when the soul and the mind are united in their strivings. *The power of external intention is propor- tional to the level of your life force.* External intention constitutes an absolute determination in combination with a high inner energy potential.

Your life force levels are increased by exercising the central flows and by cleansing your body. But there is yet another wonderful method in Transurfing that will help you widen the central channels – it is *the method of visualizing the process.*

To increase the energy of intention you would need the actual intention. You could give yourself the following directive: my channels are getting wider, and the energy of intention is growing. While doing the exercise, visualize the process. As you remember, the point of visualizing the process lies in stating the following fact: today is better than yesterday and tomorrow will be better than today. When launching your energy fountains, keep repeating the following statement in your head – your energy of intention is growing with every day. Thus, intention will maintain itself and your life force will keep growing.

Don’t forget that the intention to boost your energy field must be free of desire potentials and importance. Diligence and perseverance in an attempt to boost energy flows will have the opposite effect and block the flows. Any

diligence and perseverance creates an excess potential, as you attach an excessively important significance to achieving the goal. *Intention – is not perseverance, but concentration.* The only thing that matters is concentrating on the process. If you do the exercises with effort, straining every nerve, but your mind is dreaming of something completely different, then it is a waste of your power and time. Loosen the grip of perseverance and simply focus on the action.

The Step of Intention

Imagine an ordinary newborn human being, who was put in a society where people age very slowly and live to be, say, three hundred years. What do you think, how long will that baby live for? That's exactly it! I'd like to say that from his very birth man is being accustomed to the standard scenario: your health gets worse with age; your body grows old and finally dies. No doubt there are ordinary physiological causes to that.

However, if one were to view the aging process from the position of Transurfing theory, then it is nothing other than an induced transfer. One could even say - the longest induced transfer. It occurs slowly but rather safely. The aging scenario is so obvious and something we are so used to that it doesn't occur to anyone to doubt it. Attempts to change the scenario have only boiled down to the creation of all kinds of elixirs. But even the progress of modern pharmacology and genetics do not yield any noticeable results.

Hence, one could conclude that physiological factors only make out a certain part in the aging process. It is hard to assess what percentage constitutes induced transfer. But then again it is not that important. The important thing is to realize how it all happens.

From very early childhood, you are absolutely sure that the aging process is inevitable. Throughout your entire life you encounter plenty of evidence to support this notion from the experience of other people but also from your own personal experience. Every anniversary entails theatrical wishes for good health and a long life. But everyone knows perfectly well that these wishes aren't worth much and do not have any effect on the aging scenario. On the contrary, wishes, when translated into the language of facts, mean that your health is already not what it used to be, and years are passing by to never return. These are the slight oscillations or to be even more precise, the flirting of a destructive pendulum.

Sooner or later you start noticing that about ten years ago you had much more energy and strength. You want to share these thoughts with someone

else. Immediately you come across people that you can talk to and they will happily start developing this thought. And when it comes to the topic of illnesses in small talk, well, it is already as popular as talking about the weather. By taking part in conversations like that, you are radiating energy on the frequency of a destructive pendulum. In other words, you are accepting its game.

The pendulum could flip you its push in the shape of an illness or you feeling unwell. It worries you a lot and makes you think the following thought: “I think I am getting ill”. This is your response on the oscillation frequency of a pendulum. The pendulum receives your energy and pushes you again – you start hurting even more. You go to the doctor, he confirms that you are ill and the process develops further. The pendulum receives your energy and starts swinging even more. When the crisis comes, the pendulum has already got all the energy it needed, it leaves you alone and you begin to recover, unless the induced transfer has thrown its “victim” onto a life line, where you are disabled.

A reasonable question: so what, now we shouldn’t even go to doctors, or take any pills and neglect our illnesses all together? No, refusing treatment when the illness has already advanced – is not a way out of the game, but rather reckless negligence. I am talking about not letting yourself being dragged into the game.

You could ask your colleague at work: “How come you were absent?” And he will definitely answer: “I was ill”. Notice that he wasn’t *healing*, but was *being ill.* To the question: “What’s with you?” there will be the answer: “I am ill”. Of course, having: “I was healing (I am healing)” as an answer to this question would be unnatural. That is because people are so used to playing the game called Illness, that the actual recovery is not considered a goal, but an attribute, a side effect of the game.

The game with a destructive pendulum begins when you gladly accept the illness symptoms or, in other words, when you grab onto the end of the spiral of the induced transfer. You could make the first push of a pendulum fall through, if you don’t take the symptoms seriously, calmly reject them and forget about them. If that doesn’t work, then you could extinguish the

pendulum by taking the necessary prophylactic measures. If you did get sick after all, do not play the Illness game, play the Healing game.

Playing the Illness game – is the same as passive suffering, taking part in conversations about various sores and diseases, moaning, complaining and fussily demand that others feel sorry and care for you. Playing the Illness game is to consider feeling unwell to be an indispensable part of yourself, to fuss over your ill health like a child over a new toy, to readily search out and consume information related to the ailment.

To play the Healing game – is to act energetically, to take interest in different healing methods, to try to lead a healthy lifestyle, to have a sense of humor when it comes to illness, to accentuate your attention on improving your well-being, to strive towards health and associate with likeminded people.

See, these are two completely different games. In the Illness game, you are acting the part of a passive victim, radiating on the frequency of a destructive pendulum. The funnel of induced transfer is sucking you in. But in the Healing game, you act as a creator, an active maker and master, you are the one to control your destiny, and thus you transfer onto healthy life lines.

Now, if you attempt to play the Healing game, ask yourself, are you playing this game sincere enough? The thing is that you could be fooling yourself, as it often happens. For example, you could acknowledge with your whole mind that you need to lead a healthy life-style, abandon any bad habits, exercise, and eat healthy foods and so on. But in reality your old habits are very deeply rooted, and you are trying to follow the rules of a healthy life-style only because “that’s the way it should be”, while you actually don’t really feel like it.

It is not a clean game. It is called “I am ill, but others are healing me”. If one were to see what this looks like on the energy plane, this kind of game would not be any different from the Illness game. In that case you are trying to play the Healing game not according to your convictions, but because you are forced to. Your intention is not pure and it is not sincere. Thus, the result will be of the same kind.

A wonderful illustration of such a foul game is the attempts of the representatives of the fair sex to lose weight. They torture themselves with diets, forcing themselves (“I am ill, but people are healing me”). They hate their weight and their figure, while you know that it is an excellent way of radiating energy on the frequency of the life track, where one’s figure and weight are exactly like that. They do not like these diets; they want to eat what they are used to. If you are also playing this game, abandon this senseless way of forcing yourself. It will only give insignificant and temporary results at best. When you are forcing yourself, your subconscious is afraid, it is resisting, and in the end it will prevail – then expect that you will stop dieting and put on even more weight.

There is only one conclusion to make: if you want to have health and beauty, change your life-style. That means abandoning your old habits and acquiring new ones, but not because you have to, but because that is in line with your convictions. You need to have intention, and it must be pure. You won’t be able to radiate intention on the frequency of your healthy life tracks, and thus, you won’t be able to switch over to these tracks, if you are still behaving the same way. All of this is not as difficult, as it may seem. Changing your habits is only a question of intention and time. You won’t need that much time anyway. It is your choice.

Illness Pendulums

Everyone has been ill at least once in their life. Illness creates a lot of trouble and worries; it gives rise to negative thoughts and emotions that are radiated into space. This energy makes out a breeding ground for pendulums associated with the different diseases. They are always very good at assimilating negative energy.

Pendulums created by illnesses are some of the most powerful pendulums. It is first of all the actual illnesses and epidemics. In opposition to them are the various kinds of pendulums of medicine. Imagine what powerful structures these are! Clinics, health centers, institutes, factories, pharmacies, science, education…

The declared goal of medicine pendulums – is to fight diseases. In reality, this fighting gives rise to a lot of negative phenomena, characteristic of destructive pendulums, as their primary goal is to hold and attract adherents.

For example, traditional medicine is hostile towards all alternative (that is, not belonging to traditional medicine) methods of treatment. The criticism of outdated or wrong ideas will be declared antiscientific, if it comes from the adherents of naturopathic medicine. Any new treatment methods, belonging to this branch, will be met extremely unfriendly by adherents of traditional medicine. The adherents of alternative methods, in their turn, would not mind taking a poke at the orthodox camp.

A person that is under the influence of illness or medicine pendulums cannot bring back the health of his youth – that time of his life, when matters concerning health could barely be of concern. You didn't attribute any significance to it and simply didn't pay attention to your health, because it didn't worry you. Accordingly, your energy radiation did not include the frequencies of illness pendulums.

With age, to a certain degree you gradually get under the influence of pendulums. Radiating energy on their frequencies, you are giving the

pendulums your energy; you become dependent on them and transfer onto unhealthy life tracks. Therefore, in order to get your health back you need to, first of all, get rid of any connection with the illness and medicine pendulums. That means not letting in any information coming from these pendulums and not taking part in their games. In other words, you would need to apply the method of making a pendulum fall through. If you are, however, seriously concerned about illnesses, then you need to play the Healing game and take good care of your body. That would be the method of extinguishing a pendulum. Let's look at a few examples of how illness pendulums might behave.

Everyday, medicine ads demonstrate to you happy people that have taken a particular medicine and thus have got their health. That's far from everything; these people are entirely successful in everything they do. It is tempting bait. It works without fail. And it does that because, as we have already discussed, the majority of people are living their lives, while being in a state of halfawareness. The following program is installed in your brain: "Go to the pharmacy, take the medicine and receive a prize – success in all your endeavors". But that is not the most terrible part. There is another, more deeply hidden program concealed in this advertisement.

Think about it: the advertisement usually depicts quite normal, attractive and even successful people. (And what, you are worse?) All these people have some kind of illness, although they quickly recover by taking pleasant medicines. (And you are just like that!) All of us are getting a simple fact drummed into our consciousness and subconscious –we are predisposed to illness, we are already ill or will soon get ill. And a lot of people accept this to be the rules of the game. That is not the declared, but the true face of a destructive pendulum. Its task is not to cure a person from his illnesses, but to make him its adherent, that is, to make him believe that he is ill and should take medicines.

Another peculiar method of attracting adherents is the prognosis of unfavorable weather conditions. Information about magnetic storms, disturbance in atmospheric pressure and other unfavorable factors are used as a base for arguments. (Notice that all these phenomena occur practically every day.) On the basis of these data, a prognosis is created: what people,

suffering from what diseases will have a rough time today or tomorrow. It is fun listening once or twice to how a pendulum, almost choking, is listing all possible illnesses and unavoidable consequences for their possessors. But then it gets a little scary. Imagine, what kind of destructive program is put into the consciousness of already ill people? Having listened to something like that, one could almost think that it is better not to venture outside at all, or to go and lie down in a box at once. Of course, unfavorable weather conditions affect the way you feel, but why should you dispose yourself to that from the very beginning? And there are plenty of people, especially old people, that listen to these outpourings of the pendulums and put together a program of ailments and acute conditions in advance, as if according to a verdict. Similar prognoses represent an example of a pendulum's audacious and cynical aspiration to submit people to its will.

And finally the most classic scenario – talks about health with your friends and relatives. Usually, talks like that are not really on the topic of strengthening one's health, but rather about illnesses and their treatment. Somebody, all excited, is telling others about how he is taking a lot of trouble over his sores, while another is readily groaning in response – yes, as if saying, it's not fun getting old. Participants of such a discussion are actively radiating energy on the frequency of illness pendulums. This energy is just as contagious as disease-causing germs. Avoid any socializing of this kind; otherwise you won't notice yourself how you have completed the transfer onto the radiation frequency of illness.

It is very easy to identify an illness pendulum – *it lures you in with information on diseases and their treatment.* If you decide to ignore this information, that is if you turn a deaf ear and don't take it seriously, the pendulum will get discouraged and will leave you alone – that is the fall through of an illness pendulum. If you receive this information mockingly and with a dose of healthy laughter, the pendulum will run away from you, horrified – and that is the extinguishing of an illness pendulum.

Having parted with the illness pendulums, you will get complete freedom, but it cannot last very long. That is how we work; we need to be adherents of some kind of pendulums. Thus, sooner or later you are at risk of getting under the influence of pendulums once again. So that doesn't happen you

need to get out of the suspended state, having joined the pendulums of health improvement. They are in charge of everything that has to do with strengthening one's body and spirit. Become an adherent of a healthy life-style, and you will see what a joyful and fascinating thing it is in comparison to the dull and burdensome struggle with illnesses.

It is completely obvious that if a person is busy caring for his good health, he is radiating energy on the frequency of healthy life tracks and thus, he has no time for diseases. Hence, you can see that there are two completely opposite life styles: treating one's diseases and caring for your health. It is obvious that when it comes to illnesses, the first lifestyle belongs to internal intention, while the second – to external. You choose your lifestyle yourself.

Summary

Physiological energy is spent on the actual performing of an action.
Intention is shaped by free energy.
Free energy passes through a body in two opposite flows.
When you are stressed, energy of intention is blocked.
To get rid of stress, you have to wake up and drop importance.
By doing energy exercises, you are strengthening your protective sheath.
Do not store energy, let it pass through you freely instead.
Having a high life force is about wide energy channels.
Energy channels are trained well by energy exercises.
Cleansing your body significantly widens energy channels.
Internal intention – to be ill and keep undergoing treatment.
External intention – to lead a healthy lifestyle.
Under no circumstances should you accept the games of the destructive illness pendulums.
While doing the exercises, pay attention to the central flows.
Intention – is not diligence, but concentration.

CHAPTER II

FRAILING

Frailing – a very charming technology of human relations. Would you like to learn how to influence people in order to achieve success? That is the least efficient and a rather questionable method. You do not need to pressure the world around you in an attempt to achieve your goals. You will see for yourself that the world is coming to meet you with open arms. People will start liking you for some inexplicable reason.
Reject the intention to get. Replace it with the intention to give, and you will get what you rejected.

Intention in Relationships

We are used to measuring success in our lives, on the one hand, by the level of our achievements, and on the other – by the amount of accumulated problems. Transurfing helps you to stop fighting problems, and it does that not so much by helping you to solve them, but rather by helping you to simply not encounter them at all. Goals are, again, reached in a non-trivial way – with the help of external intention. Any problems and achievements are, one way or another, born in relationships with other people, be they personal or business relationships.

Hence the question: is it possible to use external intention in interpersonal relationships? The difficulty is that external intention is an intangible thing. It is difficult to submit external intention to your will or try to control it. However, there are methods, which will allow you to launch its mechanism implicitly. You just use a special trick, and external intention starts working on its own, regardless of anyone's will, but in your favor.

What motivates people? It is internal intention. Then use their intention, instead of using yours. Abandon your internal intention and let your external intention launch the mechanism of internal intention of others. In order for you to get what you want from the outside world, external intention only needs to move its little finger, as external intention itself doesn't desire or do anything. Rather, it allows internal intention, which is disposed towards the world, to work instead. *To achieve your goals use the internal intention of others.*

Despite a selfish tone of the above sentence, you are not using people; instead you are simply not in the way of them doing what they want to do. All problems, one way or another, are produced as a result of conflicting internal intentions of different people. One, governed by his personal interests, wants to get something from the other. The other person, in his turn, is thinking differently and wants to get his way. How do you balance out the difference in interests and satisfy the needs of both individuals? It is a difficult problem, isn't it? Actually, this problem is very easy. To solve it,

you would only have to identify that something in common, which underlies people's internal intention.

Now then, *at the heart of internal intention of a person, lies the feeling of his own personal significance.* The only thing that motivates a person and at the same time limits his freedom in the world of pendulums – is internal and external importance. The sense of personal significance belongs to internal importance. Pendulums, being energy informational beings, are created by groups of people and begin to exist on their own, submitting people to their laws. Submission is realized by the means of a sense of importance. Thus, the largest part of a person's motivation lies within the area of realizing his personal significance. The remaining part belongs to *fraile*, that is, the wishes of the soul. This lesser part is usually underdeveloped, because it is being deafened by the constant need to maintain one's significance in the world of pendulums.

In order to trigger the mechanism of external intention in one's relationships with other people, one would need to break another false stereotype. You could often hear the following, seemingly, right appeal: "Do not try to change others, start with yourself". It instantly causes emotional discomfort: so, I am not perfect, thus, I need to change, but I really don't want to! And you would be right in not wanting to change. *You do not need to try to change others, but you shouldn't be changing yourself either. No matter what you do with yourself or others, all of your efforts would be the ineffective and harmful doings of your internal intention. There is a different solution to this problem. You need to let others realize their internal intention. Then external intention will start working, and your internal intention will get realized on its own.*

For example, a woman wants her man to marry her, but he for some unknown reason gets away with excuses. By using internal intention, this woman is directing all her thoughts at making him marry her. This won't get her anywhere. Instead, she'll only create an excessive potential of her wish and the importance of marriage. As a result, balancing forces will take her chosen one away. Maybe he just didn't love her? Of course not. After all, this woman turned her love into a relationship of dependence: "If you love me, then you will marry me".

In order to make external intention work, this woman needs to abandon the desire to make this man marry her and ask herself: what does a man want in a marriage. She will have no problem finding an answer to this question. He, no doubt, wants to realize his set of significances: I am loved, I am valued, respected, someone is admiring me and so on. Having directed her energy onto realizing these significances, this woman will not only achieve her goal, but she will also get similar significances realized for herself. And what if he doesn't deserve someone to respect and love him? Then why should she bother at all? Everyone has the freedom of choice.

As you see, *there is no need to change yourself.* The whole thing is that the open windowpane is someplace completely different. Man is usually completely preoccupied with thinking about what he wants to get from others, but he doesn't make any attempt to find out what they want. Having switched your attention over to the wishes and motives of others, you will easily get what you need. You simply need to ask the question: *what is the internal intention of my partner directed at?* This means to fly away from the window and finally see the nearby windowpane. As soon as you have done that, it only remains to *redirect your internal intention onto realizing the internal intention of your partner. Thus, your internal intention will turn into external intention.*

It very often happens that internal intention is directed at attracting attention to one's person and presenting oneself in the best possible light. Let's assume that you are anxious about something that just doesn't work. Imagine that you are going to a party. So, the invited guests will instantly switch their full attention to you and will keep watching you all the time you are there. After all, they all gathered only to discuss the way you are dressed, the way you move, what you talk about. If you hear someone laughing in a group of people, then they are laughing at you. And only imagine how many scornful looks you will get! My sympathies to you.

You have, of course, figured out that you should take all of that the other way around. Everyone is first of all busy with themselves and what people think about their person. And what they think about other people is the last thing on their mind. Therefore, you can relax, calm down and be at ease.

Not trying to act natural, but simply allowing yourself to be natural and at ease.

It should be noted that if you make it *your goal to act natural* then nothing will come of that. Of course, you could get some results by using slides. But that will require some time, yet the party is scheduled for today. You will manage to act natural only if you eliminate importance. However, dropping importance is not that easy either. You won't be able to simply go ahead and reject the desire to present yourself in the best light.

There is a very easy way out of this situation. When somebody is socializing with you, he is first of all interested in the attention you show towards his person. You can be sure that people are preoccupied exclusively with themselves. *Attend to them too.* Switch your attention from your person onto other people. Activate your Watcher and *stop playing the game of elevating your significance. Play the game of elevating the significance of others.* Get interested in them, listen to them, and watch them. You do not have to ingratiate yourself, just go with the flow. As soon as you switch your attention onto others, the excessive potential of your own personal significance will vanish automatically. That is when you will manage to act natural.

In order to attract attention to yourself, you only need to show interest to the people around you. You shouldn't be talking to people about what is of interest to you, but rather about what is of interest to them, including themselves. In that case, your internal intention will transform into external intention. The people around your will immediately become interested in such a companion. They simply won't be able to escape your external intention – it always works in an utterly mysterious way. It is pointless trying to interest others in your person – that is internal intention. Being interested in others – is external intention. Having abandoned internal intention and having switched your attention over onto other people, you will effortlessly get the desired result from them. External intention will do it for you.

How could it be that by taking an interest in other people, I will get their attention? Say, I'll start being curious. Will I really get more interesting because of that? The thing is that even if you were a thousand times more

appealing than you are now, everyone is always and first of all preoccupied with their own person, and only last of all with other people. You yourself, by trying to attract attention, are thinking solely about yourself. *When showing interest in a person, his internal intention gets realized.* Where does this realization come from? It comes from you, of course. After having his internal intention realized, who could now interest that person? Only you.

People are interested in famous people, movie and music stars. But that is a different kind of interest. If you are not a star, you are being viewed as a potential partner to have relations with – of business, friendly or romantic nature. Let's take, for example, the most extreme kind of interest in celebrities. Fans are interested in all details concerning the life of their favorite star. They worship him or her, but usually it doesn't even occur to them to consider the star as a potential partner. *In everyday contact, the important thing is not how interesting you are, but rather how suitable you are for a relationship with a particular person.* That is what that person is assessing.

By thinking about himself and being in proximity, this person is consciously and subconsciously making an evaluation of how well you fit his relationship scenario, where he will be satisfied with his own person. A person would get such satisfaction if his significance is acknowledged in one way or another: I am liked, people are interested in me, I am not an empty space, I am respected, I am not worse than others, I am valued.

Now think about it yourself, what will you achieve by, in one case, imposing yourself onto a person, and in the other case showing interest in him. Of course, you will be the perfect match if you give him the satisfaction of his significance. If he obtains this satisfaction, he will shut his eyes to your obvious flaws and forgive your weaknesses. All of these things are the last to be considered by a person. But you, being preoccupied with your flaws, are trying to cover them up and show off your virtues. I repeat, your virtues and flaws are of the least importance to your partner, *yet of uttermost importance to him is the sense of his own significance, which he gets from socializing with you.*

Everything about you could be “great”. But that won’t help you in your search for friends and partners. On the contrary, many stars feel lonely. Your excellent parameters could in a way even be detrimental in your search for a partner. A person sees that you are “great”, but he is *first of all evaluating, how significant he will be next to such a perfect being.* If you shine before him in all your glory, he will probably think that his persona will grow dull in the shining light. Stop thinking about your parameters and focus on the person. Give him the opportunity to feel significant next to you, that’s when you will win him over.

When taking an interest in people, do it sincerely. Do not let people know that you are acquainted with a few tricks of how to get their favor or that there is some kind of a selfish motive behind your actions. If you want them to like you, then at the very least they deserve your sincere involvement.

A lot of people, in their attempts to gain a reputation of an interesting conversation partner, try to show off in the best light: I am so smart; I have seen and experienced so much. That is the job of internal intention. The majority of people act the exact same way when they try to seem interesting. Make a step to the side of this homogeneous formation and assume a different position. Make it your goal to not show off yourself as a fascinating conversation partner, but rather *to give your partner the opportunity to prove himself interesting.* Tune into his frequency and listen carefully, asking questions and expressing your interest for the subject and the persona of your partner. You could talk for a few hours, so that to the most part he would be the one to speak. Towards the end of your conversation, your partner will be *entirely convinced* that he has met a very interesting person and an overall extraordinary individual.

That is how your external intention works. It allows for the internal intention of others to realize. *As a result you get what you rejected.* You rejected showing off your persona and you have allowed for the persona of another to reveal itself. As soon as you have done that, the other person becomes your admirer, because you let him realize his internal intention. He will never be able to get anything like that from a star.

Well and what if you want to interest a person that doesn’t consider you as a partner for socializing? For example, you need for him to accept your

business offer, but he doesn't want to. He is just not interested. Then now, more than ever, you can only count on his interest if you forget about yourself and what you are doing, and devote your entire attention to him. Take a sincere interest in everything that is of interest to this particular person. Talk to him about it. Only then will he get interested in your problem.

You could ask: why should I listen to others, take interest in them, pay attention to them, love them, respect them, while they are busy with only themselves, and don't even want to listen to me? Alright, and why should they be interested in you and admire you, love and respect you? Everything that you imagined yourself to be – that I am this and that in comparison to them – is only a fabrication of your internal intention, clothed in the excess potential of relationships of dependence and importance. Your internal intention is to be significant. *You will actually become signif- icant in the eyes of other people only if you abandon your internal intention and allow for the internal intention of others to realize.* Your advantage is that you are using your external intention, while they are doing the opposite. Make use of this advantage.

In general, when you want to get something from somebody, you could use one universal method. It is basically comes down to rejecting your internal intention *to get* and replacing it with the intention *to give.* This is very easily done.

You want a particular person to appreciate and respect you? Do not demand respect. Respect that person yourself; make him feel significant in your eyes. Are you in need of sympathy and gratitude? Do not look for it. Be sincere in taking care of and involving yourself with the problems of that person. You want to get a person's liking? You won't get it for being pretty. Keep showing that person that you like him, and then he'll think you are nice by definition. You need help and support? Help others. Thereby, you will increase your significance, while the person you are helping will not want to be less significant and he won't be in debt. Finally, you want to have mutual love? Reject the right to possess and the relationship of dependence. You will manage, if you simply love, without expecting

anything in return. That kind of love is very rare, and no one is capable of resisting it. In all these cases *you will definitely get what you rejected.*

There is another question: how to prompt a person to do something? You can make him do things by the means of internal intention, if you have that kind of power. You could also convince him of the necessity of the task. Yet, external intention offers the most efficient method: to arrange things so that the person would want to help you himself. In order for that to happen, it is essential that you match the task in question with the goals and aspirations of this particular person. *Ask yourself the question: how do I connect what I want with what that other person needs?*

To begin with, identify the needs of that person, what he strives towards, what he lacks: money, power, respect of others, satisfaction from a job well done, care for his children, prestige, status, fame and so on. All these things represent variations on the theme of personal significance.

At the end of the day, every person feels bad, if he doesn't mean much in this world. If he is a nobody, if there are very few things he can have a say about, he attempts to increase his personal significance. Having achieved some sort of result, man sets new tasks before him; the bar of personal significance is raised. That is how one could spend one's entire life chasing internal importance. There is nothing wrong with that. You cannot condemn anyone for their aspiration to be significant. Each person achieves this in their own way, but everyone is trying. On the contrary, if a person has stopped developing and doesn't want anything at all, that is already pretty bad. But that doesn't happen a lot. Usually, a man strives towards something. As a rule, there is always something, even if it is a small thing that he doesn't like about his place in this world.

So then go ahead and see in which way the completed task will increase his sense of personal *importance.* And then *present the task to this person in the light of increasing his significance.* Allow him to increase his significance, and he will want to do the task himself. Once he has done the task, be generous in showing him your appreciation.

By following this principle, you will easily be able to motivate other people to act in their interests. By the means of internal intention you are trying to

make or persuade them to do it. By the means of external intention you are simply expressing the following wish: let everything turn out well for you. To realize external intention you need to arrange things in such a way that people, while thinking their thoughts and doing their thing, would be acting in your interests. For that to happen you just need to wake up, leave your own interests alone and think about the interests of others.

For example, if you are into trade, then you are probably thinking about how to *sell* your merchandise to a given customer. He is, on the other hand, not at all thinking about making you feel better by buying your items. He doesn't want someone to sell things to him. He wants to *buy.* Do you catch the difference? Everyone is trying to hand me something, but I do not want that. I want to choose what I need myself.

Don't think about how to sell your merchandise. Think about what your customer wants to get. Striving to sell – is internal intention. External intention is aimed in a completely different direction – *to find out what your customer wants*. You don't even have to know what products he wants to get. If rheumatism is bothering him, and you are sincerely interested in it, suggesting a doctor or a remedy – he will buy the goods from you. Not because your merchandise is best, but because you, by selling bricks, are talking to the costumer about his rheumatism. This is a simplified example, but the principle behind it works without fail.

Every time, when you need to get something you want from another person or make him do something, thrust aside your internal intention. Ask yourself the question: what makes out the internal intention of this person? Act so as to contribute to the realization of his intention. Only then, when you are already helping to realize the intention of this person, think in passing about what you want to get from him. While engaging with the realization of his intention, insert your request as if incidentally. But it could even be the case that you won't need to mention anything about your business. Everything could happen of its own accord. That is the magic power of external intention.

An even more effective way of influencing people is attempting to induce internal intention in them. If one were to investigate this further, one would find that inducing internal intention is rather easy. Internal intention is

almost always motivated by internal importance. Every person, to a certain degree, in one way or another, attempts to defend, highlight and increase his significance. If you need to get something from other people, then you only need to come up with a way that would enable them to increase their significance. That is called to challenge.

You could challenge a group of people: “Let’s see, who is better…” Or strike a chord in the feeling of professional honor: “Let’s not lose face!” You could simply appeal to internal importance: “Let’s show everyone what we are made of!” *If a person took on this challenge in the context of his own significance, he will do your will as his own.* That will happen just because you abandoned your internal intention and turned your attention to the internal intention of another person. *Use the internal intention of others, and not your own.*

The Flow of Relationships

Usually, either you, or your company are, in the end, making something that is consumed by other people. How to prompt people to *want* to buy these particular products? If you think that they will buy it only because it is magnificent, you are wrong. The typical mistake would be the position of internal intention: “We are creating masterpieces. So people will definitely be buying them”.

The position of internal intention makes a triple mistake. First of all, the phrase “we are creating masterpieces” highlights internal importance. You consider your creation to be perfect, thus it is important to you. And if that is the case, you won’t be able to objectively evaluate the piece. After all, you are not indifferent to it. Second of all, internal intention is aimed at *selling* your creation to other people. They won’t want to buy it, because from their point of view it is not a masterpiece at all, and someone’s intention to *sell* is not of any interest to them. And finally, the main mistake of such a position is the focus of internal intention, which lies on the actual products, and not on the needs of the customers. The narrow orientation of internal intention will result in you creating a perfect product that no one will need. That happens quite a lot.

The position of external intention is to identify what people want, what they lack, what they need, what motivates them, what interests them. External intention is aimed along the flow of variations. By engaging in the production of “a masterpiece”, made up by your own mind, you are trying to move against the flow. The mind always tends to idealize his abilities. He is completely and fully captivated by the creative process, not seeing anything around him. The mind strives to get everything under his control. But consumer demand submits to control with difficulty and it is always moving with the flow in its own channel. To affect the flow of demand to a certain degree, one would need great means for advertisement, but that doesn’t always work.

The mind is unable to predict the tendencies of demand. And you don’t really need that. Everything you need – is to keep up with the flow and

notice the smallest changes in its direction. There is no need to invent an object of demand. Almost all inventions that are ahead of their time, do not find any application. That doesn't mean that you shouldn't be creating completely new things at all. The point is that *if you count on making money on a masterpiece that you created, that is ahead of the flow of variations, then you will most probably lose your bet.* Of course, if your find is truly ingenious, it could explode the market. But that happens rarely.

There is guaranteed success only for a business that is aimed at satisfying current demand. Now, let's once again return to the set question: in what way can you prompt people to *want* to buy your products? This is what the answer would be: *not in any way*. It is very hard, if not impossible to accomplish. By the means of internal intention you will attempt to impose your product onto other people. *External intention, moving along the flow, attempts to identify what people want and what they have more than enough of. Demand is determined by the flow of variations.* The flow of variation already contains all the answers, and only the flow of variations could offer guaranteed success.

It is not without reason that many fundamental discoveries or inventions were made almost at the same time and independently by several people. Thus, the phenomenon of material realization moving in the space of variations is revealed. Things that are bound to happen, do so in due time. Leonardo da Vinci anticipated many of the inventions that only now have materialized in physical reality.

It would seem that it is all so obvious anyway. However, the mind keeps forgetting about it all the time, attempting to break free from the flow and trying to submit the flow to his control. I already mentioned that *the flow of variations – is a luxurious gift to your mind. You should always keep that in mind and make use of this fortune. Then a lot of problems and obstacles will pass you by.*

The consequence of the mind's struggle with the flow of variations makes out a significant part of problems in human relationships. *Criticism – is one of manifestations of this struggle.* Criticism is the direct result of internal intention. Encouragement and focusing on the positive qualities of a person belong to external intention. Criticizing someone – is the same as fighting

the outside world. You won't benefit from it in any way, unless you consider attempting to vent your spleen and annoying your foe beneficial. Encouragement, on the contrary, is the driving force when it comes to people. By accusing and criticizing a person, you are trying to influence him with your internal intention. By highlighting his virtues (in spite of everything), you won't lose anything, but you are letting the situation develop in your favor.
Do not blame others for anything. Lots of people tend to blame themselves and carry inside the feeling of guilt. But *no one* is willing to stand being accused by other people. When condemning himself, a person could even get masochistic. However, accusations from other people will always be hurtful to the one under accusation.

A person will feel hurt in any case, even if he is wrong and the accusation is warranted. But of what use is it to you? To vent your spleen? But by doing so you are creating an excess potential, which will only be a problem to you. If your main goal is to convince a man that he is wrong, then again you are bound to fail. While listening to your accusations, that person hardly fully admits that he is wrong, even if he tells you that he agrees with you. You could see some results by attempting to use accusations to assert yourself at the expense of others or to establish control over somebody. But in that case you would turn into a manipulator.

If you do not have any of these goals, abandon criticism and accusations. By accusing and criticizing people, you are beating the water with your hands and trying to swim against the flow. Never mind other people's flaws and think only about their virtues. This is what moving with the flow is about, and it will bring you invaluable profit.

If your Watcher is not asleep, he will always be ready to help you find an explanation to why a person, who you are about to condemn, is acting the way he does. The Watcher, being your inner observer, won't let you immerse yourself in the game and start an argument or a fight. Look at the game from the outside as a viewer, *remember* –criticism won't bring anything but harm, and keep moving with the flow.

Accusations and criticism cannot play a positive part, because these two things get a person off balance and throw him out of the flow with which he

was moving. The flow was leading him to a specific goal. In the end, all people are guided by their motivations and aspirations. By encouraging a person (in spite of everything), you are directing him into, for you, favorable channel, without diverting him away from his flow and going against his aspirations. Thus, your wishes and his become parallel. No one's rights are impaired, no one's pride is hurt, and now your interests become mutual.

And do you like it, when somebody is criticizing you? Either you cannot stand the criticism, or you are trying to convince yourself that it is warranted. In both cases you are not accepting the criticism, unless, of course, you have developed a guilt complex. A certain amount of criticism could urge you on, make you act "properly". However, you can only force your mind to do something. Forcing your soul is impossible. She always either does what she wants, or hinders the mind from doing what should be done. *Criticism makes your soul your mind's enemy, while encour- agement makes your soul your mind's ally.*

Thus, encouragement is the creative force, while criticism is the devastating, destructive force. That is exactly why business managing personnel are selected so that future leaders would not be focusing on criticizing bad work, which is what any bungler can do, but rather they would be capable of organizing an enthusiastic atmosphere in the workplace, where people would want to do their jobs. And when does that happen? It happens when, by contributing to the common cause, people feel their personal significance.

If you want to make enemies, keep arguing and proving your right at any cost. In the chapter "The Flow of Variations" we have already discussed, how bad and pointless it is striving to prove at all costs that you are right. If the argument is of principal significance to you, when your interests do not really allow you to give up your stand – argue away. In other cases, give others the right to beat the water with their hands.

You won't gain anything by winning an argument. However, you could very well get yourself a new enemy. If a person is talking nonsense with confidence, and you make it clear to him, he will never agree with such a thing. Or, rather, if he has a tendency to self-reproach and a heightened

feeling of guilt, he might agree with you. But do you need to win over somebody like that? If your interests won't suffer in any way, let others claim things that you do not agree with. That way you won't be creating excess potentials and you won't be fighting the flow.

Arguing people are usually immersed in a game. They are soundly asleep. *To not let yourself get involved in the game, you need to wake up and activate your inner Watcher.* If there are several people taking part in the dispute, go down to the auditorium and watch the game from there for a while. Take the role of a logical viewer – and you will get a huge advantage. While each participant is trying to realize his internal intention, proving their point of view, you will come up with a solution invisible to all the other debaters. Just don't impose this solution onto everybody. The important thing is – to offer the solution. Let others break their lances.

If you have won an argument, consider yourself to have suffered a defeat. Even if your opponents formally admitted to you being right, you can be sure that in their thoughts they will find plenty of informal arguments in their favor. In any case, the personal significance of he, who lost the argument, will get a blow. And who delivers that blow? He who was able to see his viewpoint through.

After all, you wouldn't want to punch that person in the face? In the very same way *you shouldn't want to deliver a blow to the sense of personal significance of another person.* It happens very often that people hurt each other this way. This is always a hidden kind of hurt, because people bear it in silence. People do not like to openly demonstrate their desire to strengthen their significance. It is assumed that significance is already there anyway, so no one wants to show that he is fighting for his significance, even though everyone is doing it everywhere you look.

If a person received a blow to his significance and remained silent, do not be thinking that he didn't get hurt in any way or that he accepted the blow. Resentment will live – if not in his consciousness, then in his subconscious. You won the argument, and you believe that by doing so you increased your significance. But you did it at the expense of your opponent, decreasing his significance. The outcome of this situation is always hidden resentment, and

you know yourself that it will not bring you any good. Besides, the defeated opponent will never admit to this significance of yours.

There is one more fantastic method of setting a person against you – let him know how good you are in comparison to him. You shall not make for yourself an idol and you shall not make for yourself a foe – that is the main motto of relationships that are moving with the flow. *Avoid like the plague any attempts to hurt the sense of significance in other people.* Let it become a taboo sorts. By doing so, you will relieve yourself of tons of problems and plenty of trouble, the causes of which won't be clear to you, due to the concealed nature of a blow to someone else's significance.

What is the person, arguing with you, actually doing? He is defending his personal significance in one way or another. Meet him halfway. Agree to what he is saying. And by having agreed with him, you will give him what he was trying to achieve all along. Now you can calmly discuss your point of view. Not trying to impose or prove something, but simply talking about it. In that case, you are not only moving with the flow, but you are making use of external intention as well. Consequently, you will get the most fantastic results. You won't be able to achieve such results by any other intellectual trick.

In the very beginning of a conversation with another person you need *to adjust your thinking so that you are both looking in one direction.* If his first response to what you said is "no", then there is no point in persuading him further. He has turned to the other side, and he won't be moving with the flow together with his partner - you. It is important to, from the very beginning, make the person say "yes". Never start a discussion with sharp angles. Begin with saying anything else, as long as your partner will agree with you. Having done so, you can gradually start discussing more controversial issues. Now there are many more chances, as you are now automatically moving with the flow in one direction, and the radiation of your thoughts is not in dissonance with the thought radiation of your partner.

If you have dropped a brick and are awaiting a fair accusation, don't get ready to defend yourself. Simply *admit to your mistake in advance.* The person that is about to call down the wrath of justice will probably

immediately assume a bighearted and indulgent position. In a case like that you cannot really say that the best defense is - offense. Turns out that you agreed with the viewpoint of your opponent in advance and thus, you gave the green light to his internal intention. By your anticipated obedience you are realizing his internal intention to put you back in your place and at the same time increase his significance. Yet, since you are not doing it because you have to, but of your own free will, your significance doesn't suffer in any way. Hence, you kill two birds with one stone: you increase the significance of your opponent, for which he will be grateful, and you do not drop yours.

Defending your mistakes, you are rowing against the flow and giving energy to pendulums. The desire to justify yourself, no matter what, is due to a heightened level of inner importance. Drop this back-breaking burden, gift yourself the right to make mistakes and let yourself make them. *Do not defend your mistakes. Consciously admit to them instead.* Life will get much easier right away.

I have already mentioned that annoying remarks made by other people could prove to be quite useful. Suggestions made by others, which you tend to oppose at the first impulse, turn out to be not entirely devoid of sense. You feel hurt by other people's remarks and suggestions, if you somewhere have an elevated level of internal importance. Throw away importance, stop resisting the flow and admit to someone else being right or at least take their opinion into account.

Tell that person that he was actually right, when he was saying this and that. You'll see a result. You don't need to tell him that he was right, but do it anyway. After all, you won't lose anything. Everyone makes mistakes – fools and wise ones alike. But in contrast to the former, the wise one will admit to his mistakes. So, having admitted that this person was right that time, you will immediately get his favor.

People are living in an aggressive world of pendulums, where one has to stand one's ground and defend oneself every given minute. And here you are, offering a person to do it for him. At the moment, the problem of defending his grounds against you is solved. He immediately feels a sense of relief. He is grateful to you for helping him in this fight. To him – you

are no longer an enemy, but an ally. This whole situation is instantly played in the mind of your partner on a subconscious level. You think the same way, when you are sleeping awake. But if you practice awareness, it won't be difficult to you and even interesting to take on the role of *the witness of someone else being right.*

When somebody turned out to be right, others will keep silent, but you should recognize him being right. If this moment is of principal importance to that person, then he will be in your debt. In any case, he will be grateful, and to the most part without being aware of it.

Imagine what kind of jungle people are actually living in. They always have to be on their guard, view everyone as potential enemies, even if a relationship appears to be amicable on the outside. Everyone cares for themselves and is always ready to defend themselves. This is not an exaggeration in any way, it is just that we are all long used to this being the state of affairs.

In an environment like that you'll become a true find for people, who are tired of fighting. Can you imagine how many allies you could get?! And there is only so much you need to do: you need to drop your importance and not be too lazy to admit to someone else being right. You are acting consciously, and that is your advantage. But people are asleep, and they won't say thanks to you. However, if they could wake up and consciously express their attitude, then you would hear them say: "This person is fairly clever. I like this person. I am fond of him".

No one will tell you these things aloud or even secretly. However, if one were to express the subconscious experience, it would be exactly that. People, preoccupied and burdened by importance, do not notice anything else but importance. You have a great advantage: awareness, lack of importance, and consideration of others. Use this advantage of yours, and you will see gold where others see nothing but rocks.

Attuning to Fraile

When talking amongst themselves, people to a certain degree adjust to one another. They take into account such things as personality, temper, intelligence, manners and so on. If tuning into your partner's frequency doesn't work, then you won't be able to attain mutual understanding and socializing with that person will come down to filling the air with words. Not having tuned into your partner's frequency, you won't achieve mutual understanding.

The phrase "tuning into your partner's frequency" is of entirely relative nature. You, certainly, understand that I am using such a simplified model only for the sake of convenience. How the actual tuning into someone's frequency happens on the physical level, is actually of no importance to us. The point is that every person has a characteristic individual set of his personality parameters – fraile.

While establishing a close contact with another person, you are practicing *Frailing* –you are tuning into his parameters. The success of your interaction with that person depends directly on how well you managed to capture the essence of your partner's fraile. It is not as hard as it may seem at first. The main prerequisite for a successful attuning is paying attention to the person you are talking to. If there is no attention, there can be no talk of any attuning at all. This seems blatantly obvious. However, in any conversation a person is, as a rule, completely preoccupied with his own thoughts.

One major businessman once said: "Everyone is trying to offer me something, but no one has ever asked me what I need". People, who are trying to get something from others, are thinking about their problems and about ways of solving these problems with the help of other people. This is pure internal intention. By doing the opposite, that is, by thinking about what other people want, you are setting in motion the mechanism of external intention.

How do you connect what you want with what another person wants? First of all, you need to consciously focus your attention on his interests. *Move your inner gaze away from yourself and onto the person you are talking to.* A person will only be interested in answering a counter question if it has something to do with his own problems and ambitions. Your thoughts are focused on what you want to get. But others couldn't care less. After all, do you care much about what others want? That is exactly how people are thinking about their own problems, and they do not care about what other people want. Therefore, *the only way to find a common language and understanding is to have a conversation with a person in the context of his own interests.* You have already done more than enough thinking about your problem. Now switch your attention to your partner's interests. Let the context of your partner's intention make out the base of the conversation, and put your own problem on top of it.

For example, you want to go on vacation in August. This is something you need to do, you are thinking about your interests. And what is your boss thinking about? He is thinking about your job, but not in any way about your vacation. There are two solutions to this problem. First: you approach your boss and start moaning about your problems and about what you want. Second: you tell him that you expect an increased workload in September. Therefore, you would like to go on vacation in August and have everything done in time in September. What do you think, which one of these two options will get you a vacation in August? Perhaps your boss would have said that you could go on vacation in October, but, most likely, he will agree with you, because he hears you talking on his frequency. When talking to a person in the context of his interests, you are tuning into the radiation frequency of his thoughts.

If the little donkey doesn't want to listen to you at all and doesn't want to go where you want it to go, then you, the rider, have one thing on your mind and the little donkey has a completely different thing on his mind. The little donkey is thinking about a carrot. Show him the carrot, and he will go where you want him to go. What happens is that you place your intention in the context of the little donkey's intention. What will he get by granting someone else's wish? Ask yourself that question every time, when you need

someone to do something for you. If you find an answer to that question, then everything will work out.

To tune into the frequency of the person you are talking to, you would, first of all, need to closely listen to what he wants to tell you, unless, of course, you want to impose on him your topic of conversation and your point of view. In a large group of people everyone is trying to say something, but what they have to say doesn't mean anything, because nobody is listening to what the others are saying. Of course, people could pretend they are listening. But ninety percent of their attention is occupied with their own thoughts. To prove yourself an interesting person, you do not need to shine with wit and intellect; it is enough to just listen carefully to the person you are talking to.

If you are of no interest to a person, but you need to make him interested, involved, *talk to him about things that interest him.* Forget for a while about what interests you. It is a completely different frequency. Switch over to the frequency of your partner. Put yourself in his place. Having done so, you will see what moves this person, you will find out why he acts the way he does, you will be able to understand his perspective on things. Once you have tuned into his frequency, you can gradually move over to matters that you are interested in.

The first and very simple key to someone's frequency – is his name. You cannot ignore the fact that from his very birth, a person has been responsive to someone calling his name. When you are talking to somebody, use his name more often and it will soon take effect. Addressing someone by his name is something of a code word, which lets the person know that you come with friendly intentions and that you recognize the significance of this person.

Everyone is more or less keeping up a defensive field, protecting his or her significance. You won't be able to tune into the frequency of your partner, if he is surrounded by a defensive wall of being official or distrusting. This obstacle could sometimes be removed with the help of disarming spontaneity. If you are showing him that you do not keep a defensive field of your significance and you have no intention to attack him, your partner will be lowering his protective screen as well. But the most efficient way of

removing any separating wall is *displaying your genuine liking towards this person.*

Why do we like our pets? Because they always let us know that they are sincerely happy to see us. They wag their tail, purr, jump, chirp, showing their delight in all possible ways. There are also other, less social living beings, for example gold fish. But such creatures do not instill love – they are like plants or part of the interior design. It is as if those, who we love, are telling us: "I do not need anything from you, I am just so happy to see you". This is one of the main reasons to why we love our pets.

When socializing with people, if you want to be liked by them, *let them know that you are happy to see them.* You do not have to express your delight like dogs do. It is enough to smile, say hello enthusiastically, call the person by his name and carefully listen to what he has to say. But if you are acting like a gold fish, then your relationship with that person will be of the same nature.

The mechanism behind this is very simple. On a subconscious level, your partner will be thinking the following: "I met a person, who is happy to see me. Hence, I am not a nobody; I mean something in this world. This particular person carries evidence of that. What a nice and lovely person!"

Your attention and involvement must be sincere. *There is nothing more vulgar than showing involvement as part of etiquette.* People pull a smile on their faces as if it was a prop. It is not a smile anymore, but something more like a tie. They ask each other out of habit: "How are you?" – and wait for the routine answer. An answer that deviates from the expected one is perceived to be something of an abnormality. No one cares about the problems of others. Then why ask how they are?

When talking to a person you could get into resonance with him, radiating energy on the frequency that is characteristic of him. Each person has a resonance frequency – his favorite hobby, something he has a great interest in, something he is proud of. This interest of his represents a string that sounds on the resonance frequency. If you have successfully identified his passion in life, talk to him about it. Let him speak his mind with your help.

This is the most efficient way of establishing contact. Having caught onto this thin thread, you can now easily get into his good books.

You could easily make someone like you; if you ask him to help you overcome a difficulty or do you a small favor. Having asked your partner a favor, you are abandoning your significance, while increasing his. He would feel more significant, if you let him know that you need his help, if you present him with the opportunity to prove himself, to highlight his importance.

This person, having done what was asked of him, will feel needed when he is around you, and because of that you will definitely be in his good books. The sense of personal significance is very expensive. If you let a person experience this feeling, he will not forget such generosity until the end of his life. Wouldn't you agree that you still remember with gratitude those people, who appreciated your good qualities?

You might think that I am exaggerating the sense of significance of a person. It is true, if one were to look at Frailing from the outside, it would seem that everyone is acting like big fish. Nonetheless, significance actually does play the main role in shaping behavior and motivation in people. What do you think, what action by one person can hurt another person the most? When he is being ignored, insulted, beaten, mangled? No, heaviest damage is done when a person is *humiliated.*

Second to his life, there is nothing more important to a person than his significance. The greatest hunger, after physical hunger is the hunger for power. Of course, it is the highest and the very last step of struggling for significance. Not many people get to the point where their struggle for significance develops into a hunger for power. But wouldn't you agree that if a person has absolutely everything, the only thing left for him to seek is power? Nothing is as exciting as power. Hence, you can make your own conclusion regarding the role of the sense of personal significance in shaping human behavior and motivation.

Any criticism delivers a blow to the significance of a person. It is a kind of antifrailing. *Never tell people straight to their face that they are wrong.* Even if you are sure that you are right, it is always more useful to stay

neutral. Then you won't deliver a blow to the significance of a person, and will at the same time shield yourself from the action of balancing forces.

Another way to considerably hurt a person is to touch on his negative slide. The slide is maintained on the film of importance, thus, by touching on the slide, you are touching on the raw. A negative slide – is when a person doesn't like something about himself. As you know, a person with a negative slide aims to conceal it from himself and to project it onto others. But try to put forward a counter accusation, and you will see what a violent reaction will follow. This person will never admit to someone else being right and he will become your worst enemy. So it is better to leave the negative slides of others alone. And you should definitely not attempt to explain to a person that there is a slide in his head.

The most precise attunement to a person's Fraile is, of course, being in love. Why and how it happens is very difficult to explain, if at all possible. So much has already been said on that subject. To achieve mutual love, you need to reject the right to possess, and simply love, without expecting anything in return. You could save love, if you do not turn it into a relationship of dependence. Yet, there is nothing you can do to fall in love. That is all I can add to the subject.

Thus, I have drawn a rough picture of the main principles that make out the method of Frailing. As you may have noticed, dividing relationships by intention and by those moving with the flow is purely relative. Socializing that moves with the flow could be considered from the viewpoint of intention – and the other way around. But in the end, this is all Frailing. You are tuning into the frequency of your partner, because you turn with to one and the same side, you act in his interests and in a common direction. As a result, you get from that person, what you could never have achieved by the usual methods of internal intention.

The Energy of Relationships

I have already mentioned beneficial visualization. Let me remind you what it is about. Let's suppose that someone is creating a problem for you, annoying, attacking you. Or, the other way around, you need to get something from that person. In that case you would have to get a rough idea of what he is worried about, what's eating him, what he might need: health, confidence, emotional comfort of his soul? Have no doubt, every person has something that bothers him, even if only a little, especially if he is creating problems for you or you are creating a problem for him instead. Now imagine a situation, where this person gets what he needs.

For example, imagine him doing his favorite thing, when is feeling pleasure, satisfaction, calm and comfort. You do not have to spend a lot of time thinking about a favorable scenario. Just visualize any picture that comes to your mind. For example, he is sitting in an armchair by the fireside with a pint of beer, swimming happily in the sea, taking a stroll in a flower valley, riding a bicycle, jumping with joy. If you manage to "please" him, he will start liking you without any obvious reason and he will do what you ask of him, or mitigate the problematic situation.

What is going on here? Pretty much the same as what happens when you are watching a good movie. By a good movie I mean a film that carries a sense of celebrating life. You are watching it, and you have a kind of light, nice and festive feeling in your heart. So, the film creates a celebration of the soul on both the mental and emotional levels, while a favorable visualization creates this celebration on an energy level. If you managed to successfully attune to the Fraile of a person and to pinpoint his needs, he will feel a wave of comfort.

The difference between a mental celebration and an energy celebration is the following: by receiving an energy delicacy, the one accepting the gift feels comfort, but he is not aware of what caused it. But that is not important now. The main thing is that the person is feeling comfortable, in particular when he is close to you. And it is what makes him like you. It should be pointed out that a favorable visualization must be carried out

sincerely, uniting the aspirations of both the soul and mind. If you are successful at sincerely wishing well to a person, then the effect will be rather substantial.

As you know, it is the actual overflow of free energy that makes a person a charming, magnetic, powerful and charismatic individual. People, mostly without being aware of it, feel the powerful life force of such a personality. Depending on the softness or harshness of his radiation, his energy personality is perceived as charming or powerful. In any case, *the power of radiation is proportional to the amount of free energy and the level of unity between one's soul and mind.* The excess of free energy is flooding over like a fountain onto other people, and they feel it. Free energy is modified by a person's thoughts. The closer are the aspirations of his soul and mind, the purer is the modification. It is not without reason that strong personalities make an impression of having inner completeness and integrity.

Actually, as I have already mentioned, *charm – is about the mutual love between one's soul and mind.* When the soul is released from the box it was kept in, one's personality becomes attractive. Attraction is actually not about power, but about the unity of the soul and mind. This is exactly what people need; hence they are drawn to a charming individual, like moths to the light. On the energy level, charm is manifested as pure radiation of unity between the soul and mind. If, in addition to that, the force of the energy fountains is great enough, the individual is literally glowing with exceptional charm. A charming personality lives in harmony of the soul and mind, that is, according to its credo. It is in the state of the celebration of the soul, enjoying life and bathing in its love without the taste of narcissism. And it is that feeling of celebration other people are sensing.

There are only very few people like that, but you could become one of them. You need to turn to your soul, start loving yourself and get out on the path that leads to your goal. Thus, not only will your personal qualities change, but even your body will get more attractive, your face more good-looking, and your smile – enchanting. On the life track of your goal, your appearance, that is the decoration of the sector, will correspond to the parameters of your radiation, where you are satisfied with yourself. It is not

as incredible as it may seem. If you do not believe me, look at photos of you that were made during a dark period in your life.

By exercising your energy channels and increasing the level of your life force, you are developing extraordinary abilities to influence people and to make them like you. Actually, to become the soul of a society, it is necessary and enough to reject importance, and to activate your energy fountains. An individual with a surplus of free energy is always interesting and attractive to those around him. It is especially apparent when the frequency of free energy is attuned in resonance with the frequency of the people around you.

Let's assume that you, being among your colleges or peers, are discussing a common topic. The frequency of the thought radiation of the people you are talking to is tuned into more or less the same object and it is as if everybody is swaying in unison. Turn on your fountains - let them flood the people around you with your energy. Become aware of your energy sheath and feel how it is expanding, enveloping all of the participants. Then your comments will be of more considerable weight. The people around you will feel the power of your thoughts.

When talking to a person one on one, you could in your mind launch a visualization that is favorable to him. If, at the same time, your energy fountains are active, you will make the most positive impression. This trick gives you a great advantage in situations when your personal charm and power is needed. You will be successful in business negotiations, exams, interviews and any personal relationships with other people.

Favorable visualization tunes you into the frequency of the person you are talking to in the most efficient and tolerant way. Energy vampires tune into Fraile, hitting a painful string or crawling into your soul. But in contrast to energy vampires you are not "pawing at" Fraile and you are not taking someone else's energy. On the contrary, you are endowing him with it. He will most certainly appreciate that and be very grateful to you.

Indulgence

If you know that you have flaws, which could be in the way of you achieving your goal, and you feel that you don't have some necessary knowledge and skills to achieve your goal – accept it. Accept yourself the way you are. *Allow yourself the luxury to have flaws and to not possess the necessary virtues.* This will be of great help to you and it will also bring a sense of relief and calm. If you are struggling with your flaws and trying to cover up the lack of necessary skills, it will definitely come up at the moment of some decisive test.

Not accepting yourself the way you are will certainly make its presence known in the shape of obstacles on the way to your goal. You will create your obstacles yourself. First of all, feeling guilty and inadequate generates excessive potentials. Balancing forces will make the situation even worse. Second of all, external intention will certainly realize your fears. The things you are trying to block will definitely be a part of the scenario. For example, the interviewer will most definitely ask the question you fear. Or he will ask you to demonstrate something you do not know how do to. But most importantly, constraint or stupor will come over you.

Where does your free energy go? It goes towards maintaining the excess potential of importance, to fight balancing forces and to control the situation that is rapidly getting out of control. The more significance you attach to your flaws, the more furious the resistance of the balancing forces. The harder is your grip of control, the stronger is the pressure of the flow of variations that has no intention to stop whatsoever. In the end, all the energy of intention has been exhausted. What are you capable of in a state like that?

Imagine that you always have to drag a piglet with you wherever you go. He is trying to break loose, squealing, and you are constantly making an effort to keep him in your arms and calm him down. But then you let go of him, and immediately you feel light and free. The energy that you were spending on holding the piggy is now entirely at your disposal, and you may direct it onto other goals.

The simile with the piglet is not as rough, as it may seem. It is unlikely that you will manage to conceal your flaws. It is better to focus on your virtues. You will see for yourself, how much freer and more at ease you will feel, once you let go of and accept your flaws just before an event, where you have to show your very best. It could be an interview, an exam, a performance of some kind, a contest, finally, a date. Take off your internal importance. Give yourself an indulgence (absolution of sins) of your flaws and you will feel as if a weight has lifted off your shoulders – the excess potential disappeared, and the energy of intention was released.

Struggling with your flaws is the senseless workings of internal intention. This is the workings of a fly, beating against the window glass. The elimination of excess potential and the release of energy grant you a huge advantage.

It is not in vain that people say “The devil is not as black as he is painted”. What is better? To fall prey to doubts, to wallow in your hang ups, to lick your lips with desire, to desperately try and hide your flaws, to slobber? Or to simply shake off this garbage and just do the job of purified intention? If you can’t drop importance, then you need to release the grip of control over the situation and switch over from worrying to taking concrete actions. Just start acting, anyway you can. It doesn’t matter how – efficiently, or not quite. Allow yourself to act worse than ever. The potential of importance will disperse in the process of your movement. The energy of intention will be released, and everything will work out.

Looking for a Job

In conclusion of this chapter, I would like to demonstrate the principles of Transurfing, including Frailing, using one practical issue that concerns us all. Perhaps you have already come across information from various sources on how to create a resume and how to act on a job interview. Possibly, you could easily draw new useful conclusions from what is mentioned below.

To begin with, you would need to determine what your job is. Here, you can rely completely on the method of choosing your goal and door, so I won't be repeating myself. Just keep in mind that you have an actual right to choose. Your potential is only limited by your own intention and the level of importance you attach to it. In the process of identifying your job do not think about its prestige, the means of achieving it or about your flaws, but only about whether you really need this job.

Let's assume you start doubting that there will be a spot for you at the workplace of your choice. In that case you should know that pendulums will create the necessary environment for worry, disappointment and even despair. You must be aware of that. You must keep telling yourself that *you have the right to choose, and if you have made an order, it will sooner or later be completed.*

In your dream, your intention works instantly, but material realization is inert, like tar, thus you will need time, patience and a firm conviction that you have a right to choose. In a bad restaurant, you have to wait for the waiter for quite a while. Yet, you are always confident that your order will be completed. Hence, I recommend you to use the following slide: *you are making your choice, you are the one determining what job to have, but where it will come from is not your problem.* There are all things possible in the space of variations! Pendulums are the ones trying to make your mind believe the opposite. The only thing you have to do is to choose, and have a firm intention to get your order.

Of course, if it is not possible for you to wait, then you will have to do with what is currently available, I hope that is clear. But, having gotten a job that

will provide you with a subsistence wage; you can order the very best and calmly wait for it to come true.

If you like your job, but you feel some kind of constraint, then carry a slide about how well you are doing this job, what pleasure and satisfaction it gives you. *If the constraint isn't going away with time, then it is your soul experiencing it.* In that case it is worth trying other options.

Once you have identified the job you'd like to have, start playing in your head the slide, where *the goal has already been attained.* Meanwhile, it is, of course, essential that you do not sit on your hands, but that you are doing what is required of you. However, before you start creating your resume and preparing for a job interview, you need to focus your intention in the right direction.

It would be wrong to focus on the goal *to get hired.* The goal must be present in your thoughts as a slide, where *you are already hired and everything is already behind you.* By thinking about, whether you will be hired or not, you will unavoidably create scenarios of defeat. *Recall the transfer chains.* The first link is to create a resume. This is what you need to focus your internal intention on.

While creating a resume, when applying for a job, mention everything you know how to do, but *cite only one position, the one you are applying for.* There are strong reasons for this. Firstly, attempting to show a readiness to do this and that, and whatever else, you are showing your insecurity and are running a risk of making your potential employer suspicious of you. He will think that you are happy to do any job, as long as you are hired. Secondly, by setting before you several goals at the same time, you are spreading yourself thin, and your intention turns from being a core into an amoeba. Thirdly, when you are taking too much on yourself, you are concentrating excess potentials around you, and as a result you will end up with nothing. You can choose, but you can only choose one quality at a time. After all, when you are choosing a toy, you do not demand that it should combine the qualities of a doll, a board game and a gun?

Find out, who would you actually like to be? What position would suit you best? Don't be shy, after all you are choosing a job for yourself. Remember,

you do not have to fight for your place under the sun – you have the right to choose. Indicate the profile that you have chosen. Don't let the fact that jobs like that are scarce, worry you. *If you let yourself have, you will get exactly what you want.* How it will be realized, should not be your concern. Leave it to external intention.

When creating a resume *internal intention is aimed at showing what a brilliant specialist you are. External intention, on the other hand, is aimed at the needs of the employer.* Do you feel the difference? Of course, everyone needs brilliant specialists. However, if you are new at job hunting, then you will be really confused when the employer will prefer someone with more modest virtues to a brilliant specialist like yourself.

Your rival will beat you just because his parameters make the best match with the employer's idea of this position. But you match too, and even more than that! Well, that is the problem right there. This "more than that" creates a situation, where better – is the enemy of good. The employer is completely involved with his internal intention to pick a specialist that corresponds to the certain parameters already established by the employer. So, he is beating against the window, not noticing such a wide open window like yourself.

Your mind is unable to predict demand. He will try to present you as a "masterpiece" that you are in his opinion. But the market dictates criteria of a different kind. You could and should strive to show yourself in the best possible light, without exaggerating, of course. But, while you are doing that, direct all your thoughts and motives at the problems of your potential employer. Keep asking yourself: *what does he want to get from you? What does he need?* Put yourself in his place.

You could do this the extremely easy way. Look at the vacancies that match your profile and write down all the responsibilities and the required qualities of potential candidates. You'll see yourself: they are the same in many respects. Out of this general mass, select everything that applies to you and you will get what the employer wants to see in your resume. In your resume, you could literally copy everything the employer wants from the given candidate. While trying to embellish yourself, *do not express*

yourself using your own made-up phrases. Instead use the language spoken by the actual employer.

Imagine that you are not a competitor, but an employer, creating the perfect resume of his employee. In that case, the resume will meet his criteria, and not yours. But to do that you would need to look through a lot of job ads and "put yourself into the shoes" of the people who put up these ads. You could and should indicate everything you know and can do above what is required. However, *you should especially highlight and enhance the things actually required by the employer.* Your resume must strike a clear chord of the employer's requirements.

Before placing your resume on, for example, the Internet *put yourself in the place of an employer and look for the resumes of specialists that correspond to your own profile.* I promise, you will make quite a few discoveries and get a huge advantage. The thing is that the majority of people looking for a job, guided only by their internal intention, rushes directly to the section of available positions and places their resume. So, to begin with, try to look for the resumes of people that are experts at your job. Imagine that you are the one selecting the candidate to work at your business. Then you will see all the good and bad qualities of your rivals. You will know what the employer is feeling reading the very same resumes, and you will realize what needs changing in your resume.

Once the resume has been completed, you can send it to various companies. Just don't be pounding at the door, let it open by itself. In other words, you need to offer yourself, without insisting. *Make them choose you.* For example, publish your resume in various means of mass information. Do not pressure the world with your desires and ambitions. *Move your focus from looking for a job to announcing your presence on the labor market. As much as possible, allow the job to find you. Never send out the same resume to different employers. You need to respect yourself and know your worth. If you are an exclusive specialist, send your resume to recruitment agencies and calmly wait for the catch.*

Do not count on an immediate response. It could be the case that you would have to wait for a long time for you order to come through. All depends on the purity of your intention. If your desire burns with a bright flame, the

balancing forces will interfere with your progress in all possible ways. An order is often completed when all hope has been lost. *The more indifferent you are to your order, the sooner will it be completed.* An absence of desire grants freedom. This allows you to focus on the intention to act, instead of worrying about a potential failure.

Finally, you have been called for an interview. Now you must be particularly thorough in watching the direction of your intention. Thoughts about what working at this particular company will bring you, would be the narrow-minded internal intention. *Focusing your thoughts on what you will bring to this company, would be external intention.* Now is the time to throw away the slide with your goal, to turn away from yourself and to completely focus on the needs of the employer. *Now you must be interested exclusively in his internal intention.*

Find out as much as possible about the company from its promotional material. *Identify what is the special pride of the company, what differences it highlights in comparison with its competitors.* Get a really clear picture of this. You should definitely mention these aspects at the interview. Every company, as any pendulum, has its own resonant frequency. This frequency is characterized by a variety of parameters. Determine the spirit of this company. What is their corporate ethics – regulated or unregulated? What is the accepted way of interaction – official or friendly? What is more valued in the working attitude – enthusiasm and initiative or discipline and sense of duty? Group work or individuality and creativity? And so on. All of these things impose restrictions on the employees, determine their behavior patterns and makes them members of the group. *If you manage to get imbued with the company spirit, once you are at the interview you will already be considered as one of their own.*

Before the interview, give yourself an indulgence of your flaws and the lack of virtues. If you know that you've got flaws that could be in the way of you getting the job and if you know that you do not possess certain essential skills and knowledge – *accept it.* Accept yourself as you are. Accept everything about yourself that you would have liked to hide, and calmly go to the interview. There are no ideal candidates, as there are no ideal employers, so you can go ahead and throw away internal and external

importance. You do not have to justify your actions before yourself or anyone else. Of course, everything said here doesn't mean that you do not have to work with your flaws at all. But during the interview it is absolutely crucial that you allow yourself to have flaws.

Everyone knows that it is not good to be nervous at an interview. A lot of people are trying to fight their nervousness with the power of internal intention. But no matter how much you tell yourself that you are calm, no matter how much time you spend persuading yourself not to get nervous – it is all in vain. You won't be able to do anything about your nervousness, not having eliminated its cause. Fighting nervousness could lead to your mind going blank and you acting as the mummy of an Egyptian pharaoh. *The only way to get rid of nervousness – is to accept a defeat in advance.*

The desire to get hired generates an excess potential. The more significance you attach to a successful outcome, the more important it is for you to get this job, and the less chance you have. *It is crucial that you clear your intention of desire.* You are going to an interview not to get *hired*, but to *go through an interview.* Not to complete an interview, but to go through an interview. *Do not strive towards the goal, focus on the process instead.* Live and enjoy the interviewing process. No one is going to eat anyone. You've got nothing to lose. This is the case, where you need to relax and take pleasure in the process. *Set your mind on that.* After all, an interview is an excellent opportunity to present yourself in the best light. So, why don't you allow yourself such bliss? You can cast away any thoughts about messing up. After all, once you have already accepted a defeat, you have nothing more to lose.

When at an interview, all thoughts of a job seeker are directed at presenting himself in the best light. This is internal intention. In what light could you present yourself as the best suited candidate? *External intention is focused on a sincere interest in the problems of the employer.* Only in the light of his problems could you be the best.

While answering the questions, your task is to always bring the discussion down to the context of the employer's problems. At the same time *you need to answer the questions asked precisely, without talking profusely and deviating from the subject.* It is very irritating to the employer, when an

applicant does not provide a concrete answer to his question, but instead goes into a lengthy explanation. Yet, at the same time, as soon as the opportunity arises, touch on the issues of what the employing company does, what it takes pride in, what problems it has. You should build the discussion on this platform. *Your virtues must be presented in the light of the problems of this particular company.* Talk to the employer about his problems and about how you could help solve these problems using your professional qualities. And this would be external intention. *If you managed to direct the discussion into the channel of the problems of the employer, then you can consider the game already running according to your scenario.*

Finally, if you were unsuccessful in getting this job, it means that it is not yours. You do not yet know what problems you have so easily and nicely escaped. Stay calm, wait for your job to show up, and you will get it. However, if you got someone else's job – expect problems. Thus, it is better to look for your job, how to do that you already know – thoughts about the job should not cause even the slightest discomfort in your soul. That is the case when you are going to work, like on a holiday.

Summary

Use internal intention of other people to attain your goals.
At the base of internal intention lies the sense of personal significance.
Do not try to change others, but you shouldn't try to change yourself either.
To act casual, switch your attention over to other people.
Play the game of increasing the significance of others.
To attract attention, it is enough to show interest in the people around you.
When socializing with other people, a person doesn't value how interesting you are as much, as how suitable you are for realizing his personal significance.
When taking an interest in people, do it sincerely.
External intention allows for the realization of internal intention of other people.
Reject the intention to get and replace it with the intention to give.
As a result, you will get what you denied yourself.
Arguments and criticism – it is the mind fighting the flow of variations.
Abandon actions that deliver a blow to someone else's sense of personal significance.
In the beginning of a conversation, turn with the person you are talking to, so that you are both heading in the same direction with the flow.
Do not defend your flaws, consciously admit to them instead.
Take on the part of witnessing someone else being right.
A display of genuine liking towards a person lifts off his protective screen.
Asking a small favor of someone makes that person like you.
Favorable visualization creates comfort on the energy level.
An individual's power of influence is proportional to the amount of free energy.
Charm – is the mutual love of one's soul and mind.
Allow yourself the luxury to have flaws and no virtues.
The excessive potential of internal importance is dispersed in action.

CHAPTER III

COORDINATION

To achieve your goals it is not at all necessary for you to be strong and self-confident. There is another, much more effective option. Coordination – is an easy way of thinking and acting so that luck is always on your side. It's the same as learning how to ride a bike. The moment you learn how to do it, your life will turn into pure pleasure.
I do not want and I do not hope – I intend.

The Labyrinth of Insecurity

When you are on your way to your goal through the right door, no one and nothing can stand in your way, except yourself. And to be more specific, the only thing that could stop you from achieving your goal is lack of faith and insecurity – these are things of the same order. Either makes internal intention ineffective and external intention – practically impossible.

No matter what you do when you are insecure, it will all be done poorly. The higher the stress of your desire to act well, the worse the results will be. Lack of faith in your abilities combined with overrated complexity of external problems lead to a state of constraint or stupor. The nature of stupor is constraint squeezing itself together. The external importance of the goal gives rise to a frustrating desire to achieve it. Internal importance makes you doubt your own potential. All of this together merges into insecurity.

Insecurity tightens the grip of internal intention as hard as it can, in an effort to achieve the goal. Without even considering the activity of balancing forces, the outcome of such a grip turns out to be the direct opposite of one's intention. Energy is spent on maintaining several excess potentials at once. See, how many there are: internal and external importance, frustrating desire, striving to keep oneself and the situation under control. There is simply not enough free energy to maintain all of this. Thus, you feel inhibited, cramped and act ineptly and clumsily. As a result, the grip of control tightens even more.

That is how you end up being in a stupor, where you are unable to move or say anything intelligible. It could seem that your intention is gripped in a vice. But in reality, intention is absent all together. All of the energy of intention has gone to maintain excess potentials. Insecurity in the shape of alarm and anxiety goes directly to feed the pendulums. Alarm is generated by the following type of prognosis: "What happens, if…" When you are insecure, the prognosis is usually of the pessimistic kind. Energy is instantly directed at playing negative scenarios in your head and at worrying because of this. The energy of intention is also spent here. But in this case, the actual

fact that the energy of intention is spent is not as terrible, as what this energy is being spent on. Worry, alarm and fear – these are powerful generators of worse fears, which as you know, come true.

Another rich source of insecurity is the feeling of guilt, which blossoms with a bouquet of inadequacy, shortcomings and unworthiness. How can there be any confidence at this point! Feelings of guilt and everything that has to do with it lead to the narrowing of energy channels. And there is only enough energy of intention to act ineffectively, half-heartedly and worthlessly. Besides, if you tend to feel guilty, then there will be plenty of manipulators hovering around you, like moths around a light bulb. Sensing your weakness, they assert themselves at your expense and gladly devour your unprotected energy. They are constantly playing on your guilty feelings, while you keep explaining and justifying yourself to them hours on end, strengthening your insecurity all the more.

Insecurity creates a vicious circle. The stronger the importance and the desire, the greater the insecurity. The tighter the grip of control on yourself and the situation, the stronger the constraint. The greater the alarm and anxiety, the sooner they'll become warranted. The feeling of guilt will actually turn one's life into a wretched existence of a loser.

In his attempt to break free from this labyrinth, man is trying to obtain confidence by any means possible. One of the ways to do it is to launch an attack on the world straightaway. While attacking, man attempts to demonstrate his power and hide his insecurity through an anticipatory maneuver. By exerting influence on the world, using pressure and decisiveness, he is trying to erect a wall of his confidence. This is a very energy demanding route, but the wall of confidence will keep crumbling down nonetheless. The energy of forceful influence goes towards creating excess potentials and resisting the flow of variations. In any case, a person will sooner or later suffer a defeat, and he has to once again fight and erect a wall of confidence.

Another way of obtaining confidence is not to build any basis for confidence whatsoever, but to put everything at stake. Selfconfidence – is that very same shyness, it is just turned inside out. It is when on an empty space there is a semblance of something that should not be there. If one's

confidence is not based on anything, then an excess potential will arise. But it is not only about the potential, but about the fact that by acting with selfconfidence, you are hurting someone's interests. Imagine: a man is standing in the middle of a desert, shouting: "The entire world is at my feet". Good for him – his shouting doesn't bother anyone, thus the balancing forces couldn't care less about him. But if unfounded confidence comes into comparison with the potential of others, you get a relationship of dependence. Confidence, based on comparing oneself to others - is a pure excess potential, especially if one's confidence is based on a scornful or contemptuous attitude towards other people. A false confidence of this kind will sooner or later get punished with a flick on the nose or, pardon my French, by a kick in one's ass.

There is also exalted confidence, which appears as the excited state a timid person who suddenly felt the taste of confidence. This too is a false confidence, based on a temporary emotional high, and it lasts for a very short time.

How do you obtain genuine confidence? You understand that fighting insecurity is useless. It cannot be hidden behind the screen of false courage. You won't manage to conceal it anyway, while the energy spent on creating this courage will be turned against you. Forcing yourself to be confident is also pointless. There is absolutely no sense in making yourself be courageous and determined, when you do not really possess any of these qualities. Forcing yourself to keep yourself together is not possible either. As it was demonstrated above, the energy of intention is not clamped; it is simply spent on maintaining the grip of control. Thus, there is just not enough of this energy for you to act.

It is also pointless trying to develop a confidence in any other way. It would seem that confidence develops through resolute actions. Actually, when a man stops fighting and starts acting, the energy of intention releases its grip and switches over from excess potentials to realizing the action. So, in the end you do get the situation where "the devil is not as black as he is painted". Because once you start acting the situation is not as intimidating as it seemed at first. However, *confidence is not developed by any action –*

it is the energy of intention that is being released. You cannot develop confidence. It is just like energy - either you have it, or you don't.

You cannot achieve confidence through auto-suggestion, much like you cannot achieve faith by the same means. You could keep repeating affirmations about being confident in yourself until you drop. It is a rather naive and pointless thing to do. It is just like fighting the symptoms of an illness, without having eliminated the cause. No matter what you do with your insecurity, it won't go away. No matter how you try to achieve confidence, you won't get it. You also won't be able to maintain the corresponding transmission of your thoughts, so that you would always be on the wave of confidence. You could tell yourself this morning: "That is it, I am self-confident. Nothing can shake my confidence. I am hard as a rock". Try doing this and you will see what will happen. For a time you will actually feel confident, and that will make you even more confident and happy. But very soon some pendulum will set up a mean provocation, and you won't notice yourself, how you'll come crashing down from the wave of confidence. And there you are, once again, irritated or depressed. Again there is a problem, something bothering you, and once again you fear or hate. You thought you saw a light at the end of the tunnel, but you have just once again reached a dead end.

Then how do you get out of this intricate labyrinth? You can't. There is no exit out of this maze. *The secret of this labyrinth is that its walls will come down, once you've stopped looking for an exit and once you have rejected importance.* Causes that give rise to one's insecurity could be split into two groups. The first is internal causes and among these is the excessive preoccupation with one's personal qualities. Emotions, such as being dissatisfied with yourself because you have certain flaws and lack certain virtues, feeling inferior to others, shyness, being afraid to suffer a defeat or making a fool out of yourself and so on. Second group – external causes that have to do with inappropriate overestimating of external factors. Consequently, there is an unfounded worry concerning the inconsistency between one's internal low qualities and the high external demands, awe before the external, feeling like a small person in a big city, and finally, plain fear before the surrounding reality.

The paradox lies in the following: *to obtain confidence, you need to reject it.* The walls of the labyrinth are made out of importance. You are walking around the labyrinth, trying to get rid of insecurity and to get confident. Now, confidence is a make-belief. This is yet another invention of the pendulums – the false mirage, a trap for importance. Confidence – is a pendulum game, in which they always win. Where there is faith, there will always be room for doubt. Just as where there is confidence, there will be room for hesitations and indecisiveness. Confidence – is a kind of faith in success. Any scenario could include a negative modification. One tiny modification is quite enough to bring down the wall of confidence.

The concept of confidence is based on excess potentials and relationships of dependence. Any variation on the subject of confidence goes something like this: "I am fully determined. I am firm and resolute, like a cliff. I am better at everything than everybody else. No one can stop me. I overcome any obstacles. I am stronger and braver than others". And so on.

Confidence is just a temporary excessive potential; that is all it is. Whatever way you wrap it, confidence will still remain nothing but an excessive potential. Even self-control is nothing but a temporary concentration of tension. After all, confidence – is insecurity of the opposite sign. Both potentials require energy. And the first potential will inevitably be destroyed by the balancing forces. Therefore, chasing confidence – is just as fruitless, as chasing illusory happiness that appears to be somewhere in the future.

And so, we have just destroyed another false stereotype. But how does one live without confidence? Transurfing offers another alternative instead – *coordination.* What coordination is, you will find out next.

Coordination of Importance

Why do you need confidence anyway? You need it to boldly and decisively conquer your place under the sun. Pendulums have imposed on us one firm postulate: you don't get things just like that. If you want to have things your way, you need to fight, insist, demand, beat your rivals, elbow your way. And in order to act boldly and decisively, you have to have confidence.

As you know, the path of struggle and rivalry is not the only way. If you were to reject the pendulum scenario, you could calmly and without insisting get what is yours. And you won't need to struggle at all. It is enough to obtain the determination to have. To pendulums, your freedom of choice is devastating. If everyone were to simply take what's theirs without any struggle, without spending energy on creating obstacles, and later, on their overcoming, then pendulums would be left with nothing. Even though it is hard to imagine our world without pendulums, the false stereotypes prescribed by pendulums are not as firm as, say, the laws of motion. *Awareness and intention allow you to ignore the game of pendulums and to get what's yours without any struggle. And when there's freedom without the struggle, there's no need for confidence.*

Confidence has only one origin – importance. Confidence is the very same potential of insecurity, only with the opposite sign. Both potentials have common roots – *dependence on external factors and circumstances.* So, we get the following picture. A pendulum is leading a man along its path, holding him by the strings, like a string-puppet. The man thinks that not only is he unable to choose his path, but he can't even move on his own. If the strings are steady, the man is stepping confidently, like a little one hand in hand with his mother. As soon as the strings weaken and start jerking anxiously, the man starts feeling insecure and attempts to tighten the strings.

The pendulum is not the one holding him – it is the man that won't let go of the string of importance. *He is afraid of releasing the strings, because he is in the power of dependence, which creates an illusion of support and confidence.* The little one will in the end let go of his mother's arm and start walking on his own – his mother will encourage him to do so. Pendulums,

on the contrary, will in every possible way try to convince the man that he won't be able to choose his path on his own or to move without the help of the string. If the man were to shake off this delusion and let go of the strings of importance, he could freely go wherever he pleases and simply *choose* his goal, and not fight for it.

The man that has obtained freedom no longer needs confidence, creating an illusion of support. All he needs is coordination so that he won't fall. Being in the power of a pendulum, man is used to finding steadiness and support, while holding the strings of importance. But by doing this, he keeps disrupting the balance and dangling helplessly in these fake safety nets, while giving his energy to pendulums. If one were to let go of the strings, then the only thing he'd need to do to maintain balance is to avoid creating new excess potentials based on importance.

Confidence as support is no longer necessary, because if I have no importance, I have nothing to defend and nothing to conquer. I have nothing to fear and nothing to worry about. If there is nothing that is of excessive significance to me, the layer of my world is not distorted by excess potentials. I reject the struggle and move with the flow. I am empty, so there is nothing in me anyone could hook on to. But that doesn't mean that I am suspended in vacuum. Particularly now, if I'd want, I could get the freedom of choice. There is no need for me to struggle. I just calmly go and take what is mine. This is no longer some shaky confidence, but rather a composed and conscious *coordination.*

Where does calm come from? If there is no internal importance, there is no need to prove anything to anyone, hence, you feel calm. When you feel yourself being an important person, a desire arises to show it to everyone else and thus, an excess potential is created. Then the balancing force will do anything to destroy the myth of your importance. There will always be circumstances arising, designed to test your confidence.

The slightest feeling of one's inadequacy is also pushing one towards the struggle for increasing and asserting one's significance. Reject the need to prove something to others and yourself, and accept it to be the fundamental truth. Having chosen the struggle for your personal importance, you will

spend your entire life doing it. Having rejected this struggle, you will obtain significance *at once*.

Being insecure is first of all about low self-appraisal. How to get a higher regard for yourself? Do you think that I'll now urge you to believe that you are actually much better than you think you are? Many psychologists, without any second thought, do exactly that. It is true, what other people think of you is directly proportional to what you think of you yourself, unless there is doubt in your opinion of yourself. As soon as you, without fooling yourself, admit to your high significance, others will immediately agree. There is only one problem – it is not that easy to convince yourself. You can go ahead and try it: if you've got low self-appraisal, then you won't manage to convince yourself of the opposite. No matter how much you try to convince yourself, you will never fully believe that you are actually worth much. Where are they, these virtues? Flaws – here they are, ever present.

So, I do not call on you to start believing in your virtues and to raise your self-esteem. As a result, you will either get selfconfident or even more discouraged. I suggest you *reject the struggle for significance. There is no need to believe nor to convince yourself. Simply reject the struggle and see what happens. And here is what will happen. People around you will start treating you with more respect, as if your significance increased in their eyes. As soon as you put yourself before this fact, the need to convince yourself and to believe will no longer be relevant. You'll just know.*

This paradox works without fail. The struggle for significance deprives you of free energy and directs it at the struggle with the flow of variations and at creating excessive potentials, which gives rise to the wind of balancing forces. All of this together tightens a very tangled knot of problems with all kinds of bad consequences. You won't be able to untangle it. Simply reject the struggle for your significance, then the only thing left for you to do will be to get amazed and happy with the results. In this situation your significance will automatically grow in your eyes. You opinion of yourself will improve, and everyone else will subsequently agree with it.

As pointless as it is trying to artificially raise your self-esteem, as pointless is it trying to squeeze the feeling of guilt out of yourself. If there is a

disposition to feel guilty, you will never be able to smother this guilt, nor drive it away. What should you do? Exactly what you would do with low self-esteem - s *top justifying yourself before other people.* You should only justify yourself in the worst cases, when you really need to explain your actions. Remember, no one has the right to judge you for whatever it is you have done, unless you have caused harm to another person. Do not accuse yourself in public and do not defend yourself. Let the manipulators fall through emptiness. Without slamming the door behind you, quietly leave the court room, where those have gathered that are used to making a profit off someone else's guilt. Leave them empty handed. If you are quite heavily guilt-ridden, then it won't hurt to even strangle your conscience a little. *Do not leave it up to others to judge your significance.* Only by doing this, and not by conducting an inner struggle, could you get rid of guilt. You'll see yourself, how your guilt will automatically vanish into thin air.

Thus, having rejected the struggle for your significance and stopped justifying yourself, you will settle the score with a significant part of your internal importance. Feelings of guilt and preoccupation with one's significance – are the main manifestations of internal importance. All other excess potentials derive from these two. You will no longer need any defense, because there is nothing left to defend. Attacking others, in order to forestall their attack, won't be necessary either. There is a nice saying: "Do not scare others, and you won't be afraid yourself".

In the same way, if you lower the importance of external objects, they will no longer reign over you with their significance. There are two most oppressing kinds of external importance: the difficulty of problems and uncertainty. Both give rise to an oppressing potential of distress and anxiety. Any person is at any given moment worried about something. Insecure individuals prefer to yield to the weight of their problems and somehow drag their burden. Strong individuals strive to overcome their difficulties by force and by being determinate. They take this fortress by storm, breaking its walls with the excess potential of their confidence.

Both insecurity and confidence are energy demanding. In the first case, energy is mostly spent on distress and anxiety, and in the second case – on overcoming obstacles by force. These are two very extensive methods of

interacting with the outside world. But in reality, it is much easier. *Should you only drop external importance and stop struggling with the flow of variations, the obstacles will get elimi- nated on their own.* Would you need any confidence in this case? No, now you only need coordination, in order to move with the flow and to consciously control the level of importance, and not the actual scenario. Energy that was previously spent on maintaining all kinds of excess potentials is now only directed at maintaining the balance and at slightly aiding the flow with the oar of purified intention.

Of course, you won't be able to simply reject importance once and for all, no matter how you try. You don't need to fight importance. Just release your grip and transform the energy of worry into the energy of action. *Start acting, in whatever way you can without straining yourself or insisting.* The energy of excess potentials will dissolve in your acting; the energy of intention will be released, and difficult problems will turn into simple solutions.

When it comes to fearing the unknown, you won't be able to handle it by the means of self-suggestion, blind faith or false confidence. If you recall, I strongly recommended you to not think about the means of achieving your goal. You will never be able to make yourself believe in the reality of a goal that is hard to achieve, just like you won't be able to believe in total success. Abandon these futile attempts. Nothing will come of faith anyway, and the temporarily obtained confidence will soon die out.

You don't need faith or confidence. Instead, what you need is *coordination*. Coordination means: *to get pleasure from thinking about the goal, as if it has already been attained; to release the grip of control over the scenario and to move with the flow of variations, helping you to row with the oar of pure intention.* Such behavior has nothing to do with the blind faith in success. Where there is faith, including blind faith, there will always be room for doubt. What makes you blind is the excessively forced potential of importance. *When you are consciously moving with the flow, everything falls into place without the extra effort.*

If you'll act in accordance with coordination, then what you unsuccessfully tried to believe in before and what frightened you with its uncertainty will

soon appear from around the corner. Your doubts will go away, once your mind is faced with the fact. Then faith will turn into knowledge, and the fear of the unknown will turn into the joy of feeling your own strength. The main thing is – to drop importance and release the grip of control over the scenario. It is important to realize that you decide what level of difficulty a certain problem will have. And changes in the script will be to your advantage, if you'd let them.

Well and, finally, complete coordination will be achieved once your soul and mind are united. If, on a conscious level, you feel that you want and that you are confident, but there is a worm of doubt or depression sitting in your subconscious, coordination is lost. In order to achieve agreement of your soul and mind it is enough *to listen closely to the wishes of your heart and live in accordance with your credo.* Quite enough has already been said about why and how to listen to the voice of your soul. Life according to your personal credo means that I love myself, I accept myself the way I am, I do not suffer from a guilty conscience or feelings of guilt, I act by the wishes of my mind and heart without hesitation.

Credo falls apart, once one's self-appraisal is lowered, and there is disagreement between one's soul and mind. To live according to one's credo is just wonderful, and you know it. But what is even more wonderful, is the fact that you do not need to create it, change it nor struggle with it. Many people, of course, are actually trying to do this – to carve out their credo like a statue out of marble. This won't bring anything but fruitless self-analyzing, mental torments and wavering. A credo won't take shape and it won't be the result of a struggle or other strong-willed actions. You already have a credo. It is just, much like your soul, sealed in the box of importance. As soon as you drop internal and external importance, your credo will be released, and you'll feel it right away. When importance is zero, you have nothing to defend and nothing to conquer. You are simply living according to your credo and calmly, without insisting, taking what is yours.

Thus, having rejected the struggle for your significance, having stopped leaving it for others to judge and having dropped importance, you will get what is usually considered genuine confidence. This won't be the frail

confidence that is built on excess potentials, but rather a calm inner power – coordination.

A genuine calm coordination does not correspond to anything external and thus it doesn't require confirmation and proof. You have certainly met or seen people in movies, whose confidence doesn't arouse any doubts. Genuine calm confidence in yourself is based solely on inner self-sufficiency and completeness. This means that you are not comparing yourself to anybody else; you are simply in total balance with your soul. Such balance is attained when your soul and mind are unified, when you do not feel guilt, dependency, superiority, obligation, fear and worry. In other words, when you don't upset the balance with the outside world nor with yourself. *You live in harmony with the world around you and in harmony with yourself. And you live according to your credo.* Of course, this is the ideal, but you should strive towards it, as it is the only way of obtaining genuine confidence – coordination. Confidence that has been achieved by any other method would be a false one.

Coordination will grant you freedom from pendulums and it will allow you to move independently, wherever you want, and to get, whatever you want. If at this point in life, you have to perform burdensome duties, rent yourself out. Imagine that you are taking part in a movie. Be patient, you will have to play your part, at least until the end of this particular series, until you go through your door. Keep visualizing the slide of your goal without thinking about the means, and wait, until external intention opens your door.

The Battle with the Clay Dummy

Finally, I've gotten rid of the unnecessary weight of excess potentials. There is no more internal or external importance for me. There is no need to assert my superiority or to hide my inferiority. There is no fear before the present or the future. I have nothing to defend and nothing to conquer. Finally, I am free of pendulum influence and I can start taking care of myself. If only that were true…

The power of pendulums is very great, especially since people do not have any clue about it. You cannot speak of them as some secret society of aliens that are hatching a plot against mankind. Pendulums are an integral part of our world. They exert influence on people and execute their control with the help of energy informational influence. This influence takes place on three levels: mental, emotional and energy levels. By using the strings of importance, pendulums are draining people on free energy. This is the way it has always been. But lately, the purely informational influence is beginning to grow with accelerating speed.

The history of civilization totals to several thousands of years. However, over literally the past few decades the picture has changed dramatically, much thanks to newest achievements in the field of information. The amount of saved data on all kinds of carriers is growing exponentially. But the threat is not in the actual volume of information, but in the methods and means of its distribution. From all around, man is ensnared by the telecommunications web, which gets to be increasingly dangerous with every day that passes. You do not sense this danger, as the development of informational industry proceeds under the amusing anesthesia of new entertainment and pleasant comforts.

It is blatantly obvious that the goal of pendulums is not to entertain their adherents, but rather to submit them to their power. The expansion and the intricate perfectioning of the information web results in a pendulum capturing an unbelievable amount of adherents at the same time. For example, the more people are watching the same TV-show, the more energy does the pendulum harvest. And the stronger the pendulum gets, the greater

is its influence and the easier it is for adherents to submit to the rule “do as I do”.

The pendulum rule works well and leads people away from their true goals. But now this process approaches its final stage, where man will lose his freedom of choice once and for all. One day man will find himself in a situation, where he – is an element of a monstrous energy informational *matrix.* Man will be imprisoned into the box of conditionality and he will turn into a detail in this machinery. The cell of the matrix will determine how its element should act and what it should want. As you know, science fiction has a tendency to, at a certain time, materialize in reality.

This is already an ongoing process, unnoticeable and steady in its progression. And there is nothing anyone could do about that. Submission doesn’t necessarily require physical force. *It is enough to shape the worldview of a person so that he simply would not have an idea about his freedom.* That is what is being done right now. Maintaining one’s freedom under such conditions is pretty hard. Thus, we shall once again examine a few aspects of how to defend yourself from pendulums.

As you know, the only thing that a pendulum could hook on to in a person is importance. When it comes down to it, a pendulum could even hook on to the fact that you are attaching great significance to the actual necessity of keeping importance at zero. Everything that has been said about pendulums is extremely serious. But here is the paradox: if you now, with all your seriousness, would declare war on them, then you are already destined to lose. *The main principle in fighting a pendulum is to refuse fighting it.*

You need to understand that it is not a fight with a tangible opponent, but a battle with a clay dummy – a game. More specifically, it is up to you to decide what this battle will be. If you view it as a battle, then in any case you are in danger of losing it. You cannot defeat a pendulum in a battle. Let’s assume you’ve challenged the dummy: “I know now that it is nothing but a claydummy, I’ll show him!” That’s it, consider yourself defeated. If, however, you see it as a game, then in the worst case you are in danger of losing a game, but not the battle.

A pendulum remains a clay-dummy while you are still aware of the true nature of its game and do not submit to its rules. Pendulums will lie in wait for their victim, every time you feel confident. Be prepared, they will try to get you out of balance in any way possible – that is the nature of their game. You swallow the bait, lose your balance, get beside yourself and give your energy to the pendulum.

Now you are calm, happy, balanced, but that doesn't last long. A pendulum will set up a provocation. For example, you get involved in an unwanted situation or you receive bad news. According to the pendulum's script, you should be worried, frightened, despair, lose your spirit, and show your dissatisfaction and annoyance. All you need to do is to *wake up and remember* in time, what kind of game is going on, and then immediately drop importance. If you do it consciously, the pendulum will fall through emptiness.

You can break the rules of the game, only if you are not sleeping *awake.* In a non-lucid dream, man is always a victim of the circumstances. The dream happens to you, and you are unable to do anything about it. In reality, everyone is long used to reacting automatically and in a standard way to negative influences. I don't have to explain what comes next. But you are not an oyster! And you are quite capable of reacting *inappropriately.* Do it intentionally, and the pendulum's plans will be spoiled. You just need to *come to your senses* in time and break the rules of the game.

See for yourself how nice it is to realize that you are aware of the way a pendulum is trying to provoke you best it can, but you do not give in. The nice feeling will not only stem from you being proud of yourself – such a strong individual. The thing is that, by giving energy to a pendulum, you get weaker. When a pendulum is provoking you, but you do not give in to its provocations, *the energy of the pendulum, which was spent on provocation, goes to you*, making you stronger. And this additional strength will appear as a nice feeling. Now you can imagine how great a pendulum is feeling, when receiving your energy. Do not provide it with such an opportunity. The pendulum will bother you again and again, but do not give in. Let it spend its energy on you.

While playing this game where you break the rules, do not yield to the temptation to get angry with the game itself. While you are playing

consciously, but in a fun and casual way, you and the clay dummy are fighting each other using little sugar sabers. There is nothing he can do about you. If you have broken the rules of the game and maintained your balance, the clay dummy will fall apart. But as soon as you start to lose your temper, the little sugar saber of the pendulum will turn into a dangerous blade. A game like that could turn into a battle and result in an induced transfer for you.

Do not fight your reaction to the provocation. Look at it differently. Emotions – are a consequence, the cause of which is attitude. You should consciously choose your reaction to the negative factor. It is not hard to show an inappropriate attitude, because you know yourself that it is only a game. Let the jester jump around. It is as if you are fighting an invisible opponent in a room, where there are only mirrors. It seems that the pendulum is right here, nearby. But in reality, you do not see the pendulum or even its reflection. Reflected in the mirror is your importance. When something is of excessively important significance to you, you have an opponent, and he is constantly looming in the mirrors. If, however, importance is zero, there is nothing to fear, nothing to defend and no one to attack. The mirrors of significance will shatter into pieces, and you will see that the clay dummy has been disintegrated.

You do not need firmness in your battle with the pendulum. Emptiness is by far more efficient. The terms "invulnerable, nerves of steel, iron will, steadfastness, endurance, self-control" and others, imply defense, tension, readiness to fight back. You need a lot of energy to maintain such a protective field. As you understand, all this energy goes to feed the pendulum. But if I am empty, there is no need for me to maintain a protective field. Energy is not being spent, the clay dummy falls through emptiness and into pieces. All that is required of you is to always keep in mind the rules of the game and to consciously maintain importance at zero.

The necessity to keep importance at zero should not grow into a constant combat readiness to reflect any attack. In that case you are attaching too excessive significance to the actual game. Relax, and let yourself lose from time to time. You shouldn't strive towards being victorious no matter what. While you are holding your grip, the pendulum can manipulate you. It will wag you, like a dog by a stick that it doesn't want to let go off. If the game is not fun to you, then show maximum indifference and lose without caring about it.

If the pendulum has won this time, do not be stubborn and agree that you have lost this particular game. You have lost balance and temper, and there is nothing special about that. Do not blame yourself; the next game will be yours. *Just do not tell yourself that this is the last time. Don't set ultimatums or traps*. You are not setting an ultimatum for yourself, but for the pendulum. And that is exactly what the pendulum is waiting for. This ultimatum is nothing but a powerful wall of defense. Having erected this protective wall, you turn the game into a battle, in which you will inevitably suffer a defeat.

Be prepared - pendulums could provoke you gently and ingratiat*ingly.* Many people, bending under the weight of problems, find support in cigarettes, alcohol, drugs. If you are once again trying to quit a bad habit and telling yourself: "This is it, this is the last time", it is not you talking. This is a pendulum that has captured your thought radiation to such a degree that it can literally impose thoughts on you. Every time, when you promise yourself, trying to convince yourself that "I'll do this just one last time, and then that is it", wake up and shake off the delusion. This is a pendulum speaking. Being aware of this fact will help you to indifferently "give up" the bad habit. Not decisively, but indifferently.

Pendulums stop at nothing in their attempt to attract adherents - everything goes. They have completely emasculated everything holy, starting with ethic principles and ending with religion. The world is the manifestation of the United Spirit, the consolidation of Unity in Multitude. Divine essence penetrates all living and all non-living things. God is in every one of us. We have already talked about this, when we liked likened the human soul to a drop in the ocean. As soon as God by His manifestation declared to people that He exists, pendulums instantly brought religion under their control. You can see for yourself, if you turn to the original Ten Commandments.

The First Commandment in different interpretations comes down to the following: "I am the only God, and thou shall not have other gods"1. This statement requires a person to believe in the existence of the one God, ruling the entire creation. People immediately broke this commandment and created plenty of religions – pendulums. More specifically, people allowed themselves to be submitted to the pendulums of religions. These pendulums are hiding behind the name of the Lord. Actually, the ministers of faith have a sincere aspiration to preach the word and the work of the Lord. But, being

adherents, they are in the power of a pendulum, thus little depends on them. After all, do religious wars and conflicts please God?

The Second Commandment: “Thou shall not make for thou self an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. Thou shall not bow down to them or worship them”[1]. This was also said about pendulums. A pendulum submits adherents to its will and makes them act in its own interests in any situation, regardless of the good intentions this whole thing is hiding under.

But basically one could reduce all of the commandments to two. By answering the question, asked by one of his students: “Teacher, which is the greatest commandment in the Law?” Jesus replied: “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.” This is the great and foremost commandment. The second is like it: ‘You shall love your neighbor as yourself.’ The whole of the Law and the Prophets depend upon these two commandments.”[2] Love God in yourself and in others, without worshipping pendulums, - that is all The Commandments urge you to do.

When it comes to influencing the psyche through the mass media, the most important thing here is *awareness.* Turn a deaf ear to any negative information. Everywhere you go, they are trying to interest you in something, entice you, and impose something on you. There is a pendulum behind any group of people. Adherents, doing the will of the pendulum, are often unaware of the true goals of the pendulum. Always ask yourself the question: who needs it and why? And do you really need it? At the same time keep looking actively for information concerning your goal and let it inside yourself. “Okay-okay, - you mind will start fidgeting impatiently, - I know this already.” And so what, that he knows? He knows everything, but he falls light-heartedly asleep every time a pendulum begins its game. Don’t let pendulums take you by the hand and carry you away.

In general, your task comes down to consciously break the rules of the game. You could do it in two different ways. You could either drop importance and make the pendulum fall through into the emptiness of your

indifference, or you could extinguish it, having reacted inappropriately to it. If it doesn't really work out with the importance bit, then give preference to the second method. Any kind of inappropriate reaction to a provocation is a gross violation of the rules of the game.

Stopping the Battle

The freedom of choice lays in one incredibly simply fact. *There is no need to fight to achieve your goal. All you need – is the determination to have.* As soon as you have allowed yourself to have, you may start calmly moving your feet in the direction of the goal. Pendulums are imposing on you a completely different script. They force you *to fight* to achieve your goal. You must declare war on yourself and the world. Pendulums suggest you start with yourself. They make you believe that you are not perfect, and thus, you won't achieve your goal unless you change yourself. Having changed yourself, you must enter the battle for a place under the sun. This entire script pursues only one single goal – to rob the victim of his energy. By fighting yourself, you are giving your energy to a pendulum. By entering a battle with the world, you are doing the same.

A battle implies constant tension, struggle, and discipline. You must always be prepared for battle. That is how warriors act, the ones that have a vague idea about that there is *freedom* somewhere in this world. But their mistake is in the belief that you must fight for your freedom. All their life they are in the state of war, but they always leave their main battle for later. It seems to the warriors that: you cannot just go and take your freedom. They convince themselves and others that it is an extremely difficult thing to do and you need years of painstaking work and struggle.

The wanderer of Transurfing does not take part in the battle for freedom, because he knows that he already has his freedom. No one can *make you* fight. But you do not have a choice, if you are full of internal and external importance. All that remains of battle in Transurfing – is the intention to act flawlessly. But to do that, combat readiness or discipline is not required. What you need is awareness.

If you cannot just go ahead and allow yourself to have, you can leave it for later. But how long this will go on for? This drawn-out affair of postponing could take you your whole life. Leaving it until the next time leads to viewing life in every given moment as preparation for a better future. Man is never satisfied with the present and is under the delusion that it will soon

get better. With an attitude like that the future *never* comes and it is always *hovering* somewhere ahead of you. It is just like trying to catch the setting sun.

The idea that you still have plenty of time is nothing more than an illusion. While expecting things to get better, you entire life passes by. Hence the saying: "There is nothing more constant than the temporary." In reality there is no time for waiting. Therefore, you shouldn't wait for the future, but bring it into the current moment. Allow yourself to have, right here right now. That doesn't mean that your goal will get realized right away. *I am talking about determination, i.e. the intention to have, contrary to the process of constantly fighting yourself.* The determination to have contains by far more power than the determination to act.

All your life you are part of the struggle for a place under the sun. Have you achieved a lot by participating in this battle? For example, now you need to drag yourself to your boring, hated job or to college, as if you were off to do hard labor. While, in the meantime, someone is relaxing at a skiing resort or sunbathing by the warm sea. Perhaps, they have won their battle and are now enjoying life?

Most participants are unable, despite all their efforts, to even save up enough money for the duration of their entire life to go to a skiing resort. If you personally are able to save enough money during one year to afford a few days of pleasure, that is good already. But then you get there, and the weather is bad, or the lift is broken, or something else bad happens. Even if everything is great, there are thoughts constantly crowding in your head that there is a lot you cannot afford, that you should really save your money. You start recalling how hard it was getting the money for these few days of celebration in the first place, and now it all so quickly comes to an end. You are, basically, satisfied, but you have to return to your grey everyday reality and start working your socks off.

You have won the battle, you deserve your holiday, and yet from time to time a gloomy shadow appears in your thoughts. And you know why? You are convinced that you had to work long and hard to get a short pleasure. You are not completely ready to *let yourself have*.

Those, who let themselves have, do not take part in the battle. They have better things to do. For example, last week a happy couple was relaxing at a skiing resort in Switzerland. It was a feast. All feasts come to an end, but in different ways for different people. Now the couple is arguing where to go next. He wants to go to Austrian Alps, while she wants to ski in the French Alps. This could remind you of a whimsy soap opera, but to them this is serious business. It is just that *the levels of the readiness to have* are different. You will have to plug away for another year to get your feast, while their new feast will start in a week.

The rational mind is upset: "But how can it be, after all, they were already born with their billions, while I have to earn them! Where will the money come from?" How many times have I told you – don't think about the money. *If you'd stop your battle and let yourself have, external intention will find a way to get you what you want.* I won't be able to prove it this very moment. Test it yourself. Don't try, do it. Not tomorrow, now. Let yourself *have* from this moment onwards – unconditionally and unreservedly. Not occasionally, but always. If you won't be waiting for instant results, but will continue allowing yourself to have, then one fine day, what others would call a miracle, will happen.

In those who were born with billions, the readiness to have is already present. They do not have to think about it. But you will have to work with a slide. Your mind will worry about the reality and the means of achieving the goal. But that is the way of the struggle, and it leads to nowhere. While on that path, you won't be able to earn enough money, and there will always be a lack of it. *Earn the determination to have, not the money.*

If you focus on the goal, as if it has already been achieved, your doors will open, and the means to reach the goal will find themselves. This is that freedom that makes your head spin. If you do not accept this freedom, you are once again making a choice. There is nothing easier than saying that this is all nonsense, and to continue toiling away your whole life. Everyone makes their choice and gets only what they are ready to have. *Your choice – is an immutable law. You are shaping your reality yourself.*

The process of choosing in the space of variations happens the following way. People come to the supermarket, and then they are asked: "What

would you like?" One customer says: "I want to become a show biz star." The clerk replies: "No problem. Here is an excellent copy, just for you. World fame, fortune, shine! Will you take it?" The customer is surprised: "Well, how should I say this…After all, it is definitely not easy. Only a few people achieve success. These chosen ones possess unique talents, and I am just an ordinary person." The clerk shrugs: "What have your talents got to do with this? Here you got your merchandise – take it, it is yours!" The customer: "Actually, it is hard to get anywhere in show business. It is a jungle. There are big shots in that business like you wouldn't believe…" The clerk: "Fine, here is a big shot that will promote you. Take it, you won't regret it!" Man: "All these stars have such luxurious homes, expensive cars, top society…Could this all really happen to me? It is kind of hard to believe in…" The clerk replies: "Well, it is too bad. In that case we cannot help you", - and he takes the merchandise back behind the counter.

In the exact same way a person could warily ask somebody: "Do you know how to fly a commercial airliner?" "No problem, he answers, - I just take a seat, fasten the seatbelt, and the airplane gets up in the air." Should you only admit to the fact that achieving the goal – is only a matter of your choice, as you will *sense* the absurdity of the fears of the customer in the shop of the space of variations. It is only about being ready to have. That is all there is to it.

You could yield to the temptation to engage in a battle with yourself, for the determination to have. *Never ever force yourself to let yourself have.* Do not play the slide of your goal by force. You do not need to try hard. Don't do it forcefully, don't push it. Because it would once again be a struggle! *Simply enjoy yourself by thinking festive thoughts.* Reject importance and stop your struggle. You cannot achieve anything in a struggle. And you are continuing your struggle, because everything around you is of elevated importance. You won't be able to let yourself have when you are fiercely fighting for a place under the sun.

Let's assume you are resolute and full of confidence that you will get what is yours. Vigorously and forcefully you are convincing yourself that the choice is yours to make. To push things – means to create an excess potential. *What you need is not decisiveness, but an idle, careless*

determination. Relax, loosen your grip and just bear in mind that you are taking what is yours. You do not need decisiveness and force for a walk to the newsstand to get a paper. If there is no newspaper at that newsstand, you won't get upset; you will simply go to another newsstand. Release your death grip.

By trying hard to release your grip, you will only strengthen it further. Diligence and effort boost excess potential. Importance is what causes you to make efforts and tighten the convulsive grip. You won't be able to loosen your grip, if you start fighting importance. Reject importance, and the grip will loosen automatically.

When importance is lowered, the arrow, indicating the direction of intention, moves from the area of internal intention to the area of external intention. Any pressure is followed by importance. By pushing things, you are working with internal intention. When you have to overcome obstacles you need willpower. But, as you know, obstacles appear on the foundation of importance. As soon as you have lowered importance, obstacles disintegrate, and you will no longer need the willpower to overcome them. When importance disappears, the determination to *achieve* turns into the determination to *have*, and then external intention starts working.

You already have the right to choose. And there is no need to fight for that right. If you are fully resolved *to obtain* your right to choose, get ready to be disappointed. Being fully resolved is decisiveness. Again, you hold a death grip. The balancing powers will quickly cool your ardor. And pendulums, having sensed your importance, will instantly set up provocations. You'll see that this is exactly what will happen.

Do not let the unsuccessful attempts to obtain dispassionate determination worry or upset you. People are used to aiming their energy not so much at their goal, as at feeding the pendulums. In the end you will learn how to tell apart decisiveness from determination. Basically, that the determination to have – is a dispassionate and ordinary intention to get what is, certainly, yours. Doesn't the following phrase sound silly: "I am fully determined to pick up my mail from the mailbox"? Just as calmly and without insisting should you use your right to choose?

In life people always have to take exams, contests, tests and all possible assessments of aptitude. But the determination to have depends on you only. You yourself are acting examiner. Any evaluation comes down to that a man either believes himself to be untalented and unworthy, or determines the goal to be hardly accessible. This is done automatically, because everyone is used to it being so. All you need – is to nevertheless allow yourself to have, no matter what. You are not used to it, sure. Still, why don't you dare and allow yourself to have anyway. Let the apples of Newton and others fall to the ground. Against all odds, allow your apples to fall to the sky.

You desperately want to get the determination to have? Reject desire. Enough desiring, you will get what you need anyway. Just keep thinking about that you are taking what is yours. You are taking it calmly without demanding and without insisting. *After all, I do want it, so what is the problem then? I shall have it.*

Liberation

The determination to have is shaped by the free energy of intention. Two things are in the way of letting yourself have. First – the disagreement between your soul and mind. Second – excessive potentials of internal and external importance that take up the free energy. It would be wrong to assume that the determination to have is just ordinary thoughts like "I want and I will". In reality, such thoughts must be filled with energy of intention; otherwise it will just be the usual mumblings of your mind, and nothing more. Obviously, your thoughts must spring from the unity of your soul and mind. In worst case scenario the modification of energy of intention won't be pure. *If a significant part of free energy is occupied with excess potentials, intention won't have any power.*

Difficulties with obtaining the determination to have are like the hesitations one feels, when put behind the steering wheel of a two-wheeled bicycle for the first time. You know that it is basically possible, but you know just as well that you won't be able to ride the bike right away. You doubt your abilities and at the same time you are filled with the desire to learn. Your mind strives to take the learning process under control, but he doesn't understand how to act. Three excess potentials are created at once – doubt, desire and control, which take away the energy of intention.

The mind is trying to maintain his balance this way and that way, but nothing comes of his efforts. There is no unity of the soul and mind, nor is there any free energy. But then at some point the mind's control weakens, and thus the unity of soul and mind arises, in that balance must be maintained. As a result, everything works out. The mind never really got to understand, how it is all done. But that is the whole point! The mind is always thinking about means, that is, about how one must act. He establishes control and tries different options. The soul doesn't think – she is simply *ready to have beyond any doubts.* The mind is also ready to have, but only on one condition: that it is understandable and rational. The disagreements between soul and mind consist only of the mind doubting that the goal is actually achievable. *As soon as the grip of control loosens,*

the mind's limiting conditions disappear, and that is when the unity of the soul and mind occurs.

Surprised, the mind is put before the fact that his control is not required. Everything happens on its own. However, the presence of the actual fact is quite enough for the mind, even though he doesn't really understand what it is all about. The balance is simply maintained, and that is it, thus the mind has to accept it. He will not impose his control anymore, as he has seen that it is not necessary. After some moderate practice the other excess potentials will disappear as well, the energy of intention will be released, and riding the bike goes from being a problem to being a pleasure.

Thus, in order to obtain the determination to have, it is necessary to achieve the unity of soul and mind, and to free the energy of intention from excess potentials. The unity of soul and mind is achieved on the way to your goal through the right door. It remains only to identify your true aspirations and to embark on that path. Having thrown the useless weight of internal and external importance off your shoulders, you are releasing the energy of intention – the moving force for transfers in the space of variations. But by keeping internal and external importance, you are spending ninety nine percent of your energy on maintaining excess potentials. How can there be any free energy, if it is all involved with potentials?

In order to drop importance, you need to act consciously and be aware of what you are attaching excessive significance to, and what will be the result of that. Unfortunately, one isn't always successful at rejecting importance on a mental level. In that case, the only thing left to do is – *to act.* The energy of an excess potential dissolves in action. *Keep playing the slide of your goal in your mind. Keep visualizing the process and keep calmly moving your feet in the direction of your goal – and that will be your action.*

How not to be afraid? – Find a safety net. The excess potential that is the most difficult to overcome – is fear. You won't be able to force yourself to not be afraid. If something is of excessive importance to you that you cannot reject, like for example your life, career, your house, and if these valuables are in jeopardy, then the only way to drop the excess potential would be to find a shelter, plan B, an alternative route.

How not to worry and not to get anxious? – Act. The potentials of anxiety and worry are dispersed in action. Idle worry will hang in the air until you start acting actively. The type of activity you are doing may not even have anything in common with the object of worry. It's is enough to start doing something, and you will immediately feel, how your worry is diminishing.

How not to desire? – Accept a possible defeat and act. This potential is just as hard to eliminate, because to reject desire all together is hardly possible. However, if you accept a defeat and find alternative ways in advance, then the potential of desire becomes balanced. In any case, desire can be transformed into action. As you know, desire is what comes before intention. When desire is translated into an intention to act, the energy of the potential is dissolved. The energy of desire goes to create intention.

How not to expect? – Act. This potential disperses in action by definition. Dissolve desire and expectation in action.

How to reject one's significance? If you have understood everything correctly, this particular question should make you bewildered. Of course, Transurfing doesn't suggest that you *accept your insignificance, rather that you accept your significance as a given.* The only problem is that your mind will sense his significance only if the people around you will treat you accordingly. Having taken that into consideration, the secret behind increasing one's significance is as simple, as it is valid. *You just need to reject any actions aimed at increasing your significance.*

Study yourself: what do you do, when defending your significance? You demand attention, respect, prove your right, take offence, defend yourself, justify yourself, engage in conflict, show arrogance, scorn, strive towards being first, belittle someone's dignity, highlight someone's flaws, show off your virtues and so on. If you gradually reduce to zero all of these attempts to increase your significance, people around you will sense it, subconsciously. Since you are not defending your significance, then it means that is already at a high level. People will immediately start treating you differently. Having sensed that people are treating you with more respect, your mind will automatically acknowledge his significance. *If you acknowledge your high significance, people around you will immediately*

agree with you – that is absolutely certain. Hence, you will get what you have rejected.

How not to get irritated? – Play with the pendulum, breaking the rules of its game. It is the only way to get rid of the habit of reacting negatively to bad news. How to do this, you already know; you just need to *remember* in time that it's a game, and merrily break its rules, that is, you have to react inappropriately. When you receive a piece of good news, you shouldn't react to it lazily, but happily, with enhanced enthusiasm. Then you will be transmitting radiation on the wave of fortune. Pendulums are setting up trouble for you in order to get you out of balance and to obtain negative energy. By reacting inappropriately, you are throwing the pendulum off rhythm, and it is left empty handed. Have a go at this game, it is very fascinating.

How to get rid of the feeling of guilt? – Stop justifying yourself. As I have already mentioned, you are the one keeping yourself in the courtroom. You are the one acting prosecutor, lawyer and defendant, and the manipulators are using that. Leave the courtroom, no one can stop you. Those, who have gathered there out of habit to listen to the process, will sit there for a while, and then leave, because there is no defendant. This is how your "case" will gradually get closed. There is no other way to get rid of the feeling of guilt.

How to deal with resentment and indignation? You won't experience these feelings, if you get rid of the feeling of guilt and accept your significance. *Stop your struggle and move with the flow.* But it could happen that, while you are moving with the flow, someone grabs hold of you and tries to pull you against the flow. What should you do in that case?

For instance, if you know how to do something, then you are able to find solutions. And then there are people that are only capable of finding problems. They seek out problems and with a triumphant look on their faces present these as their achievements. These people are genuinely convinced that others just have to provide their solutions in response. So, if you start looking for solutions, a crowd of slackers will flock around you. Some criticize, others seek out new problems, yet others give advice, and yet others order about and demand things. However hard you may try to move

with the flow, people are constantly in your way. Of course, this provokes resentment and indignation.

What then should you do, if you cannot deal with resentment and indignation? – You simply need to allow yourself this weakness. It will get worse, if you start attributing excessive significance to the actual need to keep importance at zero. And whom do you work for? For "some guy"? In that case you will inevitably and constantly have to experience resentment and indignation. Get out onto the path towards your goal, and then eventually, even if you will work, you will work only for yourself. But until then, allow yourself to lose it from time to time and to create excessive potentials. *Do not force yourself to win all the time.*

So, instead of fighting one's excess potentials, *one needs to act within the limits of purified intention.* And *intention is purified in the process of movement.* As you can see, the determination to have is not simply achieved by speculative exercise, but by specific actions. *In any way you can, at least start moving your feet towards your goal.* Your actions will gain efficiency in the process of movement.

The determination to have goes through three stages. The first stage – constraint, caused by the unusualness of the situation: "Is this really all for me?" When you are playing the goal slide in your head, you cannot get completely used to the fact that it is possible. The second stage – delight, is close to the feeling of weightlessness. At some point you will feel that your constraint disappeared, you have accepted the goal into your comfort zone and you have felt delight because the goal suddenly seemed quite real. The feeling of weightlessness too has a very real foundation. It is the energy of intention being freed from excess potentials. It's that energy you are sensing.

And finally, with time the determination to have proceeds into a third stage – ordinariness. You are constantly playing the slide of your goal in your thoughts, you are getting used to it, and gradually everything that you have in the slide becomes ordinary to you. The slide is maintained on the film of importance. While you are still desiring, doubting and thinking about the means of achieving your goal, the determination to have is standing on an unstable foundation. As soon as importance dissolves, determination gains

strength. What is important then is not to lose the determination to have, that is, the intention to move your feet in the direction of the goal. If you have gone through these three stages, then you are on the right track.

Well, and finally, how not to bend to the weight of problems? In any situation, there is something more or less weighing us down. It is very difficult to just go ahead and reject any importance. For this occasion, there is one interesting and very powerful method in Transurfing – *coordination of intention.*

Coordination of Intention

Man feels himself to be in the power of circumstances, he believes that little depends on him. Sometimes he gets lucky, and for a while he is flying on the wave of fortune. At times he even thinks that fortune is in his hands, he needs to act determinedly, and he starts fighting vigorously. But, despite all his efforts, victory is often persistently followed by defeat.

It is as if people are walking down a road that is lined with high hills and deep pits. Determinate and self-confident people are constantly turning from the even road and, for some reason they start to climb the hills. There on the hills, shining temptingly, are prizes, which have been left by pendulums. Sometimes, as a result of incredible effort somebody manages to get the prize, but more often than not people fail. Anyway, once on a hill, man falls down head over heels, knocked off his feet by the wind of balancing forces. And once again, man feels helpless, and again it seems to him that little depends on him.

Another type of people, the negativists, believe that nothing is up to them, and they prefer to feebly wallow in the pits of worst fears. Worst fears are realized instantly. Negativists do not simply suffer from being helpless. They immaturely give their fate away into strangers' hands, saying, God's will be done. They are not moving with the flow of variations, but they are not resisting it either, they are just wallowing, expressing dissatisfaction and poisoning the energy atmosphere around them. The only thing they are good at – is at realizing their own worse fears. That is why negativists find pleasure in fearing the worst: that way they are at least right about something. The only thing they are perfect at doing – it is to look for and find support for their negative attitude.

People like that find some kind of sadomasochistic pleasure in the negative. They are able to turn the smallest thing into a tragedy. Their motto: "Life is miserable, and everyday it gets worse". It is their choice, and the negativists look for and find the evidence in everything to prove it. That is just the sufferers they are, and they are constantly being blamed and punished, that is the bitter lot of these martyrs. They are literally swimming in the negative

and find satisfaction in that. And you know, why? It is because the negative is the only thing that the world agrees with them on and goes to meet them with. They find support and confidence that their worst fears are going to come true.

Occasionally, a negativist accidentally finds himself on a wave of fortune. He is pleased and enjoying himself for a while. But that doesn't last, because soon he starts turning his head and looking around, searching for the darkness he is so used to. Sure, after all, everything that is good quickly comes to an end, because success – is not normal, it is unnatural! The negativist starts looking strenuously for a way to catch on to the darkness, in order to once again find himself in the usual ditch, where everything is bad, but at least predictable. He starts thinking, where could he apply his dissatisfaction, he starts listening carefully to bad news, complaining, blaming, and demanding. And if there is no opportunity to demand, then he crawls into the role of a victim that everyone has to comfort and calm down.

To wean the negativist away from the habit of finding pleasure in self-torture is very hard. It is a difficult case. The trouble is that he is not only making his life miserable. By transforming the layer of his world, the negativist is dragging those close to him, whose layers collide with his, into that pitiful little hell of his. But look at the paradox. Despite the fact that the negativist appears to be helpless, he possesses great power and he uses this power to the maximum. His power lies in the firm conviction that life is awful and every day it gets worse. This firm conviction is nothing other than the determination to have. That is why the choice of a negativist is successfully realized. The negativist is really making a choice, and the world is actually meeting him half way.

It turns out that a man is not helpless after all, and that a lot of things are up to him. The realization of a negativist's worst fears confirms the fact that *everyone is capable of affecting the course of events. Everyone is capable of determining a scenario not only in a dream, but also in reality. "Life is wonderful, and it gets better every day". However, having picked up this motto, a man is embarking on a journey in the clouds. Should he feel doubt*

even for a second and look under his feet with fear, as he will instantly fall through the clouds and down.

That is why negative mood is so persistent; because from his very birth man got used to seeing evidence of the hostile attitude of the world towards him. Right after he is born, aggressive influence of great power comes over the little person. He was lying there by himself in the womb, and it was cozy, warm and peaceful. But then this poor little person is grabbed and rudely pushed out of this comfort. He hears his mother screaming and, perhaps, the little person realizes then that he caused her suffering. And thus, the foundation for guilt is laid. The bright light hits his eyes. You want to squeeze your eyes together and not see anything. The moist warmth turns into the harsh dry cold. You want to curl up into a ball and seal yourself off from all this awfulness. But here, right off the bat, they cut through the umbilical cord, thus rudely breaking the only link with your source of life. The little person is already in death shock. He is suffocating; he does not yet know that he has to breathe. They thump him on his back, delivering a lifelong trauma. With the sharpness of a razor, air pierces his lungs. It is painful to breathe, but there is no other way. The conditions that have been set are hash: either you fight for your life, or you die. The innocent and pure mind learns the first lesson: the struggle for existence is an integral part of this world. The little person is hurting and he is very afraid, but here, in addition to everything else, he is torn away from his mother and put into a hard box. Exhausted, he strives to hide from this world in his dreams.

This is what happens upon one's first encounter with this world; fear, solitude, hopelessness, resentment, rage and utter helplessness. These are the first lessons that are firmly and relentlessly printed on the white sheet of one's mind. The start that pendulums need has been formed. It is not without reason that such shocking delivery practice is, to this very day, still widely propagated and is considered to be rather civilized. Rarely does it occur to anyone that this kind of delivery is an absolutely terrifying shock, which leaves a deep wound for life in the subconscious of a human being. Not a single creature in the animal world experiences anything like that when coming into the world. Only at very few and extremely expensive clinics can one be born "humanely".

The first cruel lessons of the pendulum world are well learned and throughout the subsequent life they are strengthened even further. One day, the little one lets go of his mother's hand and runs with joyous and gullible courage towards life. But the pendulum world shows that life is not in the least that harmless, and then, bang, - the little one falls down. And his mom is already worried, fearing that he could get hit by a car. I am telling you all of this to show how strongly rooted in man is *the predisposition to being negative*. While good intentions of positivism often end up with man either flying up in the clouds and building castles in the skies, or gathering all strength to storm the earthly fortresses.

Then what should you do in order to observe coordination, to just walk along a smooth road without dashing into pits or climbing obstacles? Perhaps, you'd need to drop importance and consciously move with the flow? Yes, that is exactly what you need to do. But it is a rather difficult task, because it is impossible to completely free yourself from importance, and the anxious mind is what stopping you from moving with the flow, as it attempts to establish control over the flow and sleeping awake at the same time.

And yet, there is a way out of this situation. And it is simple, as everything ingenious. You need to take advantage of the mind's habit of keep everything under control and offer him a new game. The idea of the game is the following - when anything bad happens, wake up, consciously evaluate the importance of what is going on and change your attitude. You can see for yourself, your mind will like this game. We've already examined the principles of the game – the amusing battle with a clay dummy. But that is not all. Now you are going to find out about the main principle of coordination. When guided by this principle, you will be able to achieve the same success in the positive, as negativists achieve in their worst fears. And this is how that principle goes. *If you intend to view a seemingly negative change in the scenario as a positive one, then that is exactly what will happen.*

It sounds if not absurd, then not really convincing, right? What positive could there be in an obvious defeat and what good could there be in misfortune? And, nonetheless, this principle works like a charm. Again, I

am not calling on you to believe. Just go ahead and test it for yourself. Well, and when it comes to the mind, there is an explanation for him too.

As you know, the entire world is built on the principle of dualism: everything has an opposite side. There is light and there is darkness, there is black and there is white, positive and negative, dense and empty, and so on. When you are walking on a log and bend to one side, you lift your arm on the opposite side, to compensate for the deviation. Every event on a life track also has two branches – one to the favorable and one to the unfavorable side. Each time, when encountering an event, you are making a choice about how to view it. If you view the event as positive, you get onto a favorable branch of the life track. However, the tendency towards being negative makes man express his dissatisfaction and choose an unfavorable branch.

From early morning, man gets irritated for the tiniest thing, then he gets more annoyed, and so the entire day turns into a constant train of trouble. You know perfectly well that even when it comes to the smallest things, if you lose your balance even for a second, then immediately follows a dramatic development of a negative scenario. As soon as something starts bothering you, a new problem comes up. And that is how "misfortunes never come alone". *But the train of troubles doesn't follow the actual misfortune, but rather what you make of it.* The pattern is shaped by the choice you make at the junction. Some small thing annoyed you, and you are already radiating on the frequency of the unfavorable branch. Besides, a negative attitude creates a potential of tension that takes away some of your energy of intention. You already are acting inefficiently and now you encounter an even greater misfortune. Can you imagine where you are headed in a lifetime of such a chain of negative branches! That is what causes displacement of generations.

And now imagine a different scenario. You encounter an annoying situation. Wait a moment before shaping your negative attitude and responding with the primitive reaction of an oyster. Tell yourself: "Stop! After all, this is just a game with a clay dummy! Well, fine, little dummy, let's play". No matter what, get yourself in a positive mood and pretend that this event pleases you. After all, people didn't come up with the following sayings for

nothing; “a blessing in disguise”, “nothing so bad as not to be good for something”, and “what you lose on the swings you gain on the roundabouts”.

Try to find something positive in the bothersome situation. Even if you won’t find anything, still – be glad. *Make a “stupid” habit of rejoicing at failures. It is much more fun than getting irritated and whining for any reason. You shall see for yourself that in most cases your misfortune is actually acting in your favor. Even if that won’t be the case, you can be sure of the following: thanks to your positive attitude, you wound up on a favorable branch and avoided other trouble.*

Actually, trouble - is always a norm violation. They are only unfavorable to you, because troubles are a gross deviation from balance and require additional energy expenses. You are the one to spend this energy, when creating obstacles for yourself, and then overcoming them. Fortune, on the contrary, that is, when you are satisfied, is the norm. But you are usually dissatisfied when an event deviates from your planned scenario. As soon as the mind sees that the scenario he accepted has been violated, he immediately views this change to be negative, and that is why the mind reacts the way he does and strives to impose control on the situation.

So, now explain the rules of the new game to your mind. Tell him: he will still be in control; it is just that his control consists of viewing any event as positive. Activate the Watcher in the very beginning of the play, for example, in the beginning of the day. Usually, you have a rough idea about how the daily events will develop. At the moment of the scenario actually changing in front of your eyes, you need to *accept the changes, agree to them.* After all, you perceive the event to be negative only because it doesn’t fit your scenario. Act as if it was exactly what you needed.

Thus, you get a sliding and dynamic *control over the introduction of changes to the scenario.* Do not be in a rush to complain and fight the situation, just because changes were introduced to the script, while the play was still going on. *Having rejected control over the situation, you will get it. Control will not be aimed at fighting the flow of variations, but at going with the flow.*

The secret of coordination consists of releasing the grip and at the same time taking the situation into your hands. When the mind is holding his grip, he is not allowing the situation to develop according to the flow of variations. By accepting any changes in the script as given, you are rejecting imposing your control. This means to reject control, and at the same time to keep your attitude, and consequently, the situation, under control.

In the end, you just want to avoid problems and live so that everything turns out well for you. And it will be that way, if you start applying the principle of coordination. It is even more effective than trying to influence events with your external intention. The thing is that one's mind, as has already been mentioned, is unable to perfectly calculate all the moves in advance. After all, you are not the only one living in this world. The layer of your world crosses a myriad of layers of other people, and they too are constantly trying to achieve things. But there is no need for the mind to calculate events in advance. Everything you need to do is to play the slide of your goal and to follow the principle of coordination. Then external intention will successfully get you to your goal.

One should note that coordination is all about practice. If you got the idea of the principle of coordination, that is still not enough. You need to always develop and perfect this ability. Your Watcher must always be active. Do not miss the moment, when you are being dragged into a negative game without noticing.

Coordination – is the most efficient way of moving in the space of variations. You treat every event as positive and thus, you always get out onto a favorable branch, you come across the wave of fortune more and more often. But you are not with your head in the clouds, because you are acting intentionally and consciously. Hence, *you are balancing on the wave of fortune.* Therein lays the essence of Transurfing.

Apples Fall to the Sky

As it was said in the Holy Scripture: “According to your faith will it be done to you”[3]. And that is really true. You always get only what you are ready to have. External intention carries out your order impeccably. You have what you have in accordance with the template of your worldview and your conception about your place in this world. Now you are familiar with all the main principles of Transurfing, so you can rule your fate according to your own *choice.* Your fate will be shaped in line with your personal choice and faith.

You already know how to choose. It remains only to answer the question: how to believe in all of this? I have already mentioned that you won’t be able to convince your mind, until he is put before facts. Your mind can pretend. He can also believe blindly and fanatically, but it is a false faith, based on an extremely strong excess potential. It is when you attribute excessive significance to the conviction itself. The mind is so deafened by his fanaticism that he doesn’t see or hear anything else. Not only did he drive the soul into a box, but he drove himself in there. That is why such faith is blind.

The sail of false faith will never be filled with the wind of external intention. False faith – is a trap set by a pendulum in the labyrinth of insecurity. It could seem to you that you got out of the maze, but in reality it is only an illusion. Deep down in your soul you will doubt, unsuspecting, because you have partitioned off your doubt with the protective wall of faith.

How to tell false faith from true faith? True faith – it is no longer faith, it’s knowledge. *If you have to convince and persuade yourself – no matter how, with enthusiasm or with force – that means it is false faith. Knowledge is not shaped by persuasion, but by facts. When your mind has been put before a fact, you just know. False faith is maintained by your mind’s control. The mind, being in an illusory room of the labyrinth, keeps watch, so that not a single doubt sneaks into that room. If the mind wants to hope, he doesn’t want to hear anything else.*

Never persuade yourself and never try to believe, otherwise you are at risk of obtaining false faith that only seems to be genuine. Illusion will be unveiled once you start listening to the rustling of the morning stars. Let go of the mind's control and instead direct it at perceiving the smallest signs of emotional discomfort of your soul. If you have discovered discomfort, do not try to convince or persuade yourself any more. *Once you'll achieve the unity of your soul and mind, you won't need to persuade yourself.*

Tiring yourself with affirmations is pointless. The shadow of doubt will not disappear because you are telling yourself over and over "I will get my way". On the contrary, it will get a breeding ground to develop further. The soul won't believe, if you are trying to persuade it. The soul does not understand logic, nor does she understand the language of the mind. In addition, she doesn't allow for semitones. If you were to ask your soul: "Will I attain my goal?" she will either reply "yes" or "no", but never "maybe" or "most likely". With the slightest shadow of doubt the answer will be "no".

So, if the soul is in doubt, convincing or persuading her is impossible. What is there left to do? The answer lies in the above mentioned statement: the soul doesn't accept semitones. Doubt – it is when you believe to some extent, but not quite all the way. The soul will turn this "not quite" into "quite not". She doesn't believe and she doesn't doubt – she just *knows* what will happen: yes or no.

Thus, you need to make one cardinal step: throw the word "believe" out of your template and replace it with the word "know". If the mind just knows that this and that will happen, the soul will agree with him, no persuasions necessary. You believe that you are holding this book in your hands? No, there isn't even talk about that, you just *know* you do – and that is all. But where there is faith, there will always be room for doubt.

Now, having dropped the concept of faith, allow yourself to *know* that your wish will come true. You *know* this, because such is the law: the goal will be attained, if there is the determination to have – and you will be able to realize the determination to act, when moving through your door. The choice is yours to make. You are the master. Hence, if you have made the

choice yourself, any reasoning on the subject “and what if it won’t work” are simply irrelevant.

Let’s assume that events could develop in two ways: it will work out or it will not work out. Trying to convince, persuade yourself that it will work is futile. But now there is knowledge: you are choosing your alternative yourself. Knowledge is that foundation upon which one could build confidence.

There is only one little thing left to do – to get this *knowledge*. To do that you would need to get used to this knowledge, accept it. With time, people get used to all kinds of incredible things, like the phone, TV, airplanes… Haven’t there been quite a few “totally incredible” things? Apply the method of slides. You must shelter the knowledge in your head and nurture it, until external intention makes it a fact. But your task is not to persuade yourself, it is rather to remind yourself from time to time that you *know* that the goal will be attained.

When thinking about your goal, you’ll catch yourself doubting, involuntarily and out of habit, once again thinking about means of achieving your goal. There will be doubts, of course, but you should catch them and put them in place right away: “I know that success depends on my choice. I have made the choice. So what hesitations can there be?” Gradually, they will go away. There, where there is no faith but only knowledge, doubts cannot exist. Just don’t try very hard to get rid of your doubts or even try to fight their presence. At the end of the day, you could calm yourself with the notion that doubt does not yet guarantee failure. Only then there will be bumps on your way.

I’d like to point out once again, the main thing is that you remember - you are the one to decide whether you should reach your goal or not, and hence, you’ve got nothing to worry about. Every time, the moment you start doubting, remind yourself of this. I again direct your attention to the bad habit – forgetting and existing in a half-conscious state. New knowledge is easily forgotten, while old habits die hard. Always remember, you are the master of your fate.

I do not think that Christ felt particular delight when walking on water. To him it was just as natural as walking on the ground is to you. People too could walk on water, if they would be able to drop all doubts, worries and any emotions they have in this regard. Incredible? But the entire history of mankind – is a constant chain of surprises caused by the most incredible things. For example: “Iron ships cannot sail on water, never mind fly”. As soon as people saw that you could sail on water on iron ships and fly in the air on heavy planes, no one is discussing the possibility and that it can actually happen anymore.

By dragging doubts along, you are greatly diminishing your chances for success. There are two life tracks in the space of variations: on one – the goal has been reached, and on the other – you have suffered failure. When you are wallowing in your doubts, you are radiating energy on the frequency of the failure track. In that case, one can hardly hope for success. Failure will be determined by circumstances that appeared as a result of the radiation of your thoughts.

You have to ask the question differently: not “Will it work out or not?”, but “What do I choose, success or failure?” It is hard getting used to this statement. You go through your entire life, seeing that apples fall to the ground, and do not fly up to the sky. However, if you will always catch yourself when in doubt and reminding yourself at once that success – is only a matter of your choice, you will get used to it. Imagine that from now on, for some reason, apples started falling to the sky. It will be very surprising at first, but eventually you will accept it and get used to it. What can you do, such is the quality of apples. After all, you do not get surprised about air balloons, soaring up into the skies?

And now wake up and try to become aware of what I just tried to convince you of? Doesn’t it seem to you that I am leading you around a labyrinth in search for faith? If you have “believed”, then you fell into a trap. Do not be offended, dear Reader, I just wanted to demonstrate how the mind is wandering about in this hopeless maze. Your wandering began with the words: “Thus, you need to make one cardinal step…” Further on followed attempts to replace faith with knowledge that has not yet been obtained.

However, the essence of faith does not change because of that. This is exactly what pendulums do in their attempts to win your faith.

You do not have to worry, Transurfing – is not a trap for your mind, and everything I wrote in this book is not a product of speculative exercises. And even this little wandering of ours ceases to be a trap, if you do not view the above as a call to believe, but as a *hope to obtain freedom.* Pendulums are the only ones to need someone else's faith, but to Transurfing your faith is useless.

After all, I am not trying to convince you, rather I am pursuing an entirely different goal – *to destroy the stereotypes of the usual worldview, in order to break free from the box of conditionality and to wake up in the dream you are dreaming awake.* Having woken up, you will realize that you are capable of controlling your dream. You do not need to believe to do that. Act, and then you will see what will happen. Do not believe. Try it instead. When you have seen that Transurfing is really working, that is when you will *know.*

You've probably heard the following claim a number of times if one were to have a firm belief in one's powers, in victory, then one could achieve anything. Easy to say – "According to your faith will it be done to you". But where do you get this faith? How to get rid of doubts? Yeah, there is no way you can get rid of them. The desire to achieve faith is wasted labor. If a shadow of doubt has been in your soul, you won't be able to chase it away with any convictions. You could only fool your mind. He will pretend that he doesn't remember the doubts, but they will still be residing in your soul.

Leave the fruitless attempts to obtain absolute faith. There is another, more real way. *To not think about the means of achieving the goal, but to play the slide of your goal in your head and to move your feet in the direction of the goal.* These are not empty dreams, but specific work in tuning your radiation. After all, your worst fears get realized, don't they? Then do some concrete work: *consciously and purposefully retune your radiation onto the realization of your best hopes.*

If you have a goal, but you also have doubts – will it work out or not, then your doubts will interfere. But you won't be able to get rid of these doubts.

And you don't need to. Your mind needs faith as to validate the fact that the goal is impossible to reach. Leave faith aside and do not think about the means, instead – *live in your slide and get used to the slide where the goal has already been reached.* That is concrete work without conviction. Let yourself have this pleasure. Then external intention will do its thing, and apples will fall to the sky by themselves.

Apples fall to the sky, when the mind is put before a fact. Then, he releases his control and simply lets the facts occur. It doesn't matter that the situation is not clear to him; the important thing is that it is real. We are living in a world, where people are riding bicycles. If a person would have found himself in a world, where everyone is flying, he would start flying as well.

I have already mentioned that by setting your radiation onto a life track of your goal, you launch a mechanism of external intention. You are playing the slide of your goal in your mind and you are visualizing the process. Meanwhile, the wind of external intention is slowly and gradually moving the frigate of your world's material realization in the space of variations. Opportunities start coming up, about which you had no idea. What is more, external intention starts directing its actions as to bring you closer to your goal.

Notice the following: *sometimes it will seem that the circumstances are developing rather strangely.* But how can you know *what exact* road leads to your goal? You wouldn't be teaching a head chef in a restaurant how to prepare a meal now, would you? Always remember that your mind is not capable of calculating all the moves in advance, and he does not know how your goal can be realized. After all, it doesn't work using the ordinary methods, does it? Then why are you once again trying to crawl into the Procrustean bed of common stereotypes? Leave caring about the means and ways of achieving the goal to external intention. Trust the flow of variations. Even in spite of yourself you will be acting in a way that will bring you to your goal.

That is how external intention works. If you are now walking on mud, in rain and cold, to a job you hate, but with a sense of celebration in your soul, then soon all these inconveniences will disappear. You'll see where

yourself. Your parameters will simply stop satisfying this entire environment.

Even now I am not trying to convince you, but rather to instill you with *hope*. There is no way out of the labyrinth of faith. But there's got to be hope that the walls of the labyrinth will collapse, when external intention will demonstrate to you how apples fall to the sky. Without this hope, it is impossible to practice Transurfing, and you wouldn't have pursued it anyway. Having gained hope, your mind will get a foothold, and the soul will come to life again.

Having encountered a vexing misfortune or difficult problem, people give their energy to a pendulum and feel anxious, exhausted, and depressed because of it. Man is either ready to fight or he is losing heart. Both conditions are abnormal and lead to stress and depression. There is no calm, the support is lost, and the inner core of confidence is broken. To find support, people look for salvation in cigarettes, alcohol, drugs and other methods. But as a result they become entirely dependent on new pendulums.

You could always find support within yourself, if you were to wake up and realize how the problematic situation was created. The problem is created by a pendulum. There is nothing terrible about that. The danger does not come from the problem itself, but from your attitude towards it. If you have accepted the importance of the problem, then you are giving your energy away to a pendulum. It is important to realize that in any problem situation, a pendulum demands that you either do your best and fight, or lose heart and yield to dejection. You cannot do the former or the latter. But yet there is no support, the core of confidence is lost, what to do? You will find support in realizing that you understand how a pendulum is trying to submit you to its will and draw out your energy.

One might wonder how could simple knowledge help and encourage you? It can do that very well. Hope – it is also about knowing that not everything is lost and that there is a way out. Understanding the mechanism behind the problem situation weighs as much as hope does. You are no longer a string puppet or a paper boat. You can now understand what is going on, and you can consciously smirk to yourself and say: "No, pendulum, I won't give you

my energy. I know perfectly well what you need and how you are trying to hook onto me. It won't work! You won't be able to impose the importance of the problem on me. I have the right to choose, and I choose to be free from you".

In life, everyone makes lots of mistakes, which one later is bound to regret. You may think that you have already gone too far from your former goal. All is not lost; Transurfing will help you to even out the situation. Even if your former goal is objectively closed, you could find a new one. There not only one goal that is yours, so whatever your age, there is a chance, and you have to use it.

Mistakes that you have made are your capital. If you assume this position then brilliant success awaits. Everyone who has achieved success has gone through a whole forest of failures. There is a reason why there is the saying "ad astra per aspera". All prominent figures that have achieved success had to go through all kinds of difficulties. It is just that this side of their life is not particularly highlighted. So, if you have made a big mistake and suffered failure, - be happy: you are on the way to success. If, however, you will start self-reproaching, whining and complaining about your life, failures will keep coming up, again and again. All the unnecessary, from your point of view, experience will definitely be of use to you on the life track of your goal.

Apathy goes away, when new hope emerges. Animals or people, wandering, already exhausted, in the desert, forget about their weariness if they see an oasis in the distance. Picture a fly that is beating against a window glass, while there is an open windowpane nearby. All its life it's been drummed into the fly's head that if you see a goal - you need to fly right at it. The fly sees the goal and is beating against the glass, but nothing comes of it. The same happens to you, when you do not understand how to reach your goal, when you are deprived of choice and forced to be content with what you have. But now, when you know that the windowpane actually exists, it is close, even if you cannot see it, *hope* springs in you. And when there is hope, the energy of intention is released.

Hope is needed in order for you to start acting. Start acting, and you will see that apples will fall to the sky. When hope has done its part, you will

become aware of the freedom of choice. That is when you will tell yourself: *I do not want and I do not hope – I intend.*

Summary

Self-confidence – is the same timidity, only turned inside out.
The walls of the labyrinth of insecurity will collapse, once you reject importance.
If I do not have importance, I have nothing to defend and nothing to conquer.
Do not fight your reaction to a provocation. Change your attitude.
You need to lose with indifference and not set ultimatums for yourself.
Treat any information consciously.
You have a freedom of choice. All you need – is the determination to have.
Do not earn money, but the determination to have.
Focus on the goal, as if it has already been achieved.
Your choice – it is an immutable law. You yourself are shaping your reality.
How not to fear? – Find a safety net, an alternative, another way around.
How not to worry and not to get anxious? – Act.
How not to desire? – Accept a defeat and act.
How not to expect? – Act.
How to increase one's significance? - Reject your fighting for it.
How not to get irritated? – Play with the pendulum, breaking the rules of its game.
How to get rid of the feeling of guilt? – Stop justifying yourself.
How to handle indignation? – Stop the battle and move with the flow.
If you cannot handle indignation in any way, allow yourself this weakness.
A life track forks into a positive and negative branch.
By expressing your attitude towards an event at a crossroad, you are making your choice.
If you intend to view every change in the script that appears to be negative as positive, then you will end up on the favorable branch.
Get a "stupid" habit of rejoicing at failures.
Redirect your control from struggling with the flow of variations on to going with the flow of variations.
Do not think about the means of achieving your goal. Instead – keep playing the slide of your goal in your head and keep moving your feet in the direction of the goal. Live in your slide, where the goal has already been achieved.

Then external intention will do its thing, and apples will fall to the sky by themselves.

CHAPTER IV

FORWARD TO THE PAST

Science fiction and magic sometimes captivate with their mystical secrecy. But that is nothing in comparison to that magnificent feeling of surprise and thrill you will experience, once your seemingly unattainable dreams start coming true. It does take some time for that to happen, but you would already like to get a confirmation of what you've read. And you will get it. You will be the one to create magic and you will see it with your own eyes. When the incredible turns into reality in front of your very own eyes, it looks fabulous. It is no longer science fiction. It is reality, which is much more amazing than any mysticism.
The past is before you.

Transaction

Remember, there were times in your life, when you were happy. Sometimes melodies you've heard back then may remind you of these times. Occasionally, you are briefly visited by a fleeting shadow of the mood you had back in those days, when you were full of hope and life seemed to be if not a celebration, then a preparation for one. At moments like that you start feeling nostalgic, thinking about what you've lost. You feel sad because this happened at some point in your past, a past which will never come back. Can't you really bring back anything from your past?

In the foreword I promised that you will learn the meaning of the words "forward to the past" only towards the end of the book. Now the time has come to fulfill my promise. Transurfing has already brought you many amazing discoveries. You are, probably, intrigued: what is in store for me this time? All tricks with time have firmly settled in the area of science fiction. Despite the fact that even theoretical physics does not exclude the possibility of time travel, the idea that time travel is actually possible is greatly doubted.

Indeed, moving in time seems rather doubtful, but that depends on the position of the observer. Recall the model of two dimensional little men on a plane level. They cannot grasp where the third dimension is. From the standpoint of four dimensional space, our three dimensional environment appears flat as well. The rational mind will say: "All these theoretical models are only my abstractions; however, I see what I see".

There are plenty of incredible things in Transurfing, yet I do not urge you to believe. I urge you to test the principles of Transurfing. Of course, to test them you'd need intention, some effort and patience, because you won't get results immediately. External intention, in most cases, is working slowly and unnoticeably. It is hard for you to believe in the existence of this mysterious invisible power, which remains unnoticed by your eyes, especially if you are still simply reading, without making an attempt to put Transurfing into practice.

But now the moment has come when you will be able to see with your own eyes how you are moving in the space of variations. You will become convinced that you are able to move forward as well as back in time. It won't be anything like the journey depicted by science fiction writers. You and I are only dealing with real things. This time around you won't have to wait for the results the activity of external intention will bring – you will see everything at once, with your own eyes. And it won't be a trick, or experiments with astral journeys and the space of dreams. For a few moments you will actually be able to feel your movement in time and space. In practice this process comes down to one simple action – *trans-action*, consisting of three elements.

To fulfill the first element you need to remember your central energy flows. If you have already been doing the energy exercises, you should be familiar with the way these flows feel. First, you quickly run through your body with your inner gaze and release any tension in your muscles, getting yourself in a state of relaxation. Then, in your mind, imagine how energy is moving with the ascending and descending flows along the spine.

For a quick launch of energy fountains there is one efficient method you could use. Imagine that from the very centre of your body, two horizontal arrows are going out. They are opposite in direction: one is directed forward, and the other backward. The arrows go out of your body about twenty – thirty centimeters or more. Now, in your mind, turn the arrows at the same time – turn the one in front of you up, and the one behind you – down, so that they end up standing vertically along your spine. You will immediately feel how the energy flows got noticeably boosted.

You could do this exercise both standing and walking. It is as if you are turning a *key* that activates the central flows. It is not necessary to turn these into fountains and to close them into a sphere. The point is – to image how you are being permeated by the flows of energy. It doesn't matter that you do not feel them yet. Real sensation will come with practice. Perform this exercise when you are simply walking or going somewhere. You will feel a sense of relaxation and lightness. *The turning of the key – is the first element of a transaction.*

You could complete this element in any situation when you need to quickly get into a state of relaxation. Try to turn the key many times during the day, especially when something is on your mind. You will notice right away that the key releases any tension. All of us are constantly under the weight of big or small problems. This weight is automatically reflected in your muscles. Say, you are walking and thinking about something troublesome, worrying, and unpleasant. In that moment *remember* the key and turn it. Notice that before some muscles were tense, but now they are relaxed, and you've felt relief.

It would be useful to get a habit of turning the key as often as possible during the day. By doing so, you will always be able to free and clear the energy of intention of excess potentials, which are putting you down. Regard this as the *key to the box of condition- ality*, where you are constantly being imprisoned by dire circumstances. The key won't relieve you of importance, but it will significantly facilitate the process of releasing the energy of intention on a physical as well as on an energy level.

The second element of a transaction is visualizing the slide of your *goal.* Once you have turned the key, launch the slide of your goal in your mind. Do not forget that you have to imagine yourself inside this slide, and not to watch it as if you were watching a movie. Imagine yourself in the situation, when the goal has been reached. In order to tie yourself to the slide, imagine the sensations that you are experiencing inside the slide. Touch the surrounding environment with your hands; imagine the sounds, smells or other sensations that you are better at imagining. Play the slide in your mind one or several minutes. It is advisable to do the transaction when you are calmly walking in a familiar area. You could look around, but it is better to look down, ahead of where you are going, in order to focus your attention on the slide.

Once you have managed to more or less clearly imagine yourself in the slide, look ahead *with a conscious gaze.* Do not think about anything and do not analyze, but simply look with a clear gaze ahead and into the distance at what you see. *A clear gaze – is the third and last element of a transaction.*

For the duration of a few seconds, right before your eyes, there will be a change of nuances in the decorations around you. Once you've looked at a familiar view with a clear gaze, you've noticed that the picture is kind of

the same, but there is something different about it now. Some sort of a barely perceptible and unexplainable nuance has been added to the scenery, as if you have seen it somewhere before. Or it could be something new, a bit unusual. Not specific details of the image, but a certain aftertaste, a sensation, a mood – a *nuance.*

For example, you have looked at a house that you have already seen many times, but now you noticed its color or outdoor lighting and realized that once you have already experienced something like this. In individual cases you could get a clear feeling of something familiar that has happened before. You have probably already come across such a strange effect, when the *sensations of the past suddenly surface in your memory.* Not actual memories of the past, but specific sensations of the past – déjà vu.

This effect happens to you quite often, you just don't notice anything, because you accept the situation as it is, in other words, you are sleeping awake. So, a transaction allows you to *notice* how the world is changing before your eyes. You have a vague feeling of something familiar or, on the contrary, you feel a new unusual nuance emerging.

What is going on here? Material realization of the layer of your world is moving in the space of variations. What do you see? *You see the nuances of decorations being changed.*

As you know, different sectors in the space of variations have different scripts and decorations. Depending on the relative distance between the sectors, the differences will be more or less prominent. The movement of material realization happens evenly, and thus, unnoticeably. You won't be able to catch this movement, much like the movement of the minute arrow on a small watch. Striking changes in nuances are only felt when there is rather abrupt transfer from one life track to another. In such cases, you will encounter *signs* that will clearly attract your attention.

In the process of transaction, visualization of the slide of your goal increases the gust of wind of external intention. The parameters of your thought radiation differ dramatically from the current life track. The turning of the key increases the energy of radiation modified by your thoughts. As a result, the movement of realization along the sectors is accelerated. A clear

gaze makes you ready to wake up and catch the changes. That is why you manage to notice the change in nuances of the decorations for the duration of several moments, while the gust of wind still lasts.

Perform the transaction dispassionately, as you would do when brushing your teeth or your hair. It might not work straight away, just like riding a bicycle. One cannot ignore the fact that during a transaction you are touching upon external intention, and that is an elusive thing beyond any control. I advise you to treat lightly the fact that it didn't work the right away. It will definitely work anyway. Make spontaneous attempts, do not try hard, do not put effort into it, and don't attach great significance to the actual transaction technique. It is quite possible that you will feel your way to a completely different technique. Act, as if by the way and as you wish. *The lower the importance of a transaction, the better will be the result. If you do not strain yourself, then everything comes easy.*

It may seem to you that if you were to repeat the transaction very often, then moving towards the goal will turn into a runaway process. That is actually true, but the thing is that you won't be able to always perform the transaction flawlessly, that is, dispassionately. The old habit of wanting ruins it all. If you plan on tormenting yourself with transactions, then you have a strong potential of the desire to necessarily get a result and get it faster. There will also be a potential if you are filled with the necessity to act and force yourself to do transactions. Necessity – is also an excess potential. Thus, I have always urged you to simply give yourself pleasure by visualizing the slide of your goal, and not to force yourself because you have to.

Potentials of desire and potentials of necessity deprive you of the energy of intention, so there won't be any gust of wind, and thus, the transaction won't work. The desire to see the results is particularly great at first. I recommend that you constantly pay attention to the state of your desire. As soon as you've caught yourself wanting to get a result, take a break and start over a bit later. If you have caught yourself falling over backwards in trying to do the transaction properly, as a result of which you are straining yourself, again – put off your attempts.

Perform the transaction only once in a while, for your pleasure and curiosity. You shouldn't obsess with the transaction. It serves only the purpose of making you see with your own eyes your movement in the space of variations. However, your main attention in practicing Transurfing should be directed at playing the slide of your goal and visualizing the process of realizing the current link of the transfer chain. External intention is working anyway, regardless of whether you see it or not. But now you have access to an illuminator of sorts into the space of variations. You are offered an opportunity to actually watch your movement in the space of variations. It is quite impressive. You won't be disappointed.

The Nuances of Decorations

Now let's dwell on what you actually see as a result of a transaction. All of this is so incredible that it gives rise to reasonable doubts. Perhaps, it is some kind of an illusion, governed by the qualities of human perception? Where is the guarantee that the observed phenomenon is the actual nuances of decorations being changed, when a transfer from one sector to another is taking place?

You know this yourself, and I have already mentioned that in a dream, the physical appearance of people you know is not quite the one you are used to. In a dream, watching your reflection in the mirror, you once again see your, but at the same time someone else's face. The whole setting that you are so familiar with is of a completely different appearance. The same streets and houses, but they look different. With time, the real world changes too. Houses are painted in different colors, trees grow, and people get older. All these changes are natural. And at the same time, the movement of material realization does not move along one straight track. How do you differentiate between the decorations of one track and those of another track?

You could say that it would be impossible, if it wasn't for an invention like photography. Look at the albums with old photographs. If you compare sceneries, you won't be able to unambiguously make out the differences in the nuances of decorations of the different tracks, as external appearance of a place changes quickly due to natural causes. There is a more telling and safer method. Compare the faces of the people on the shots in different time periods. It would seem that the appearance of a person should change in a linear fashion, according to the aging process. However, you are witnessing at an entirely different picture.

The way people look in different photographs varies significantly. And these differences are not of a linear nature. Even if one were to disregard the various haircuts and compare shots of a middle aged person, when the face doesn't get particularly more mature or older, there are noticeable differences. It is the face of the same person, but it is *different.* And it is not

about him growing older, or getting a new haircut, or experiencing different emotions. His face took on a different pattern. There is something different about his face. That is the difference in nuances of decorations. You already knew that this person is changing. But, perhaps, you didn't pay attention to the *characteristic difference in nuances.* Flip through the old albums and you'll see for yourself.

This difference could be so noticeable in some people, that having met somebody a few years later, perhaps you wouldn't even recognize him. Having compared photos of you at qualitatively different periods of your life, you will see significant differences in nuances. You could get an idea about what your realization looks like in qualitatively different sectors in the space of variations.

Well, and what about the photos that are stored in the album, while you are moving across sectors, - they too must gain different nuances? Of course, but the nuances of simple objects are so insignificant that noticing them becomes practically impossible. If you will perform the transaction, while fixating a clear gaze on a bed, or a cupboard, you won't be able to sense any changes. Thus, I recommend that you do the transaction outdoors, and not in a simple environment. Then you'll be able to notice the changes.

A life track - is a chain of sectors, roughly uniform in quality. Decorations of one track are also roughly uniform. When the layer of your world transfers onto another track, there is a change in decorations. Depending on the strength and the quality of differences between the tracks, changes in decorations appear either as slight nuances, or in the shape of dramatic transformations. In any case, you are actually observing a qualitative difference in nuances.

But what about moving in time that I talked about before? When moving along the life tracks in a natural way, we are swimming in synchrony with time, as with a river current. Material realization advances in the space of variations, like a film in a projector. We perceive this movement to be the course of time. In order to move relative to the course of time, one must move ahead, faster than the current, or backwards, against the current. It is just as if the frame would suddenly start moving along the actual film. In this sense, time travel is in fact impossible.

In other words, *you cannot move forward or back in time, while remaining on one and the same life track.* In worst case scenario, there will be a disruption in the cause-effect links. But moving in time between different life tracks is theoretically possible. In Transurfing, there is no answer to the question how this could be done. Besides, moving in time is viewed here from a somewhat different angle. Why do sensations of the past sometimes surface during a transaction? This phenomenon could be explained in the following way.

From early childhood and onwards, the soul has intuitively strived towards her goals through the right doors. At that time, you were still on the life tracks leading to your goals. Perhaps, you had a dream. Or, maybe, you were not aware of what you wanted, but still your soul knew what you needed. However, in life all of us are more subject to the influence of destructive pendulums, rather than to our heart's commands. Not to mention the long chain of negative branches that everyone goes through because of the tendency to negativism. Thus, you were gradually shifted further and further away from those original tracks, leading to your goal.

By performing a transaction, you are being shifted in the opposite direction and get onto the life tracks where you have already been, only your position in time is different now. That section of the former life track, which you could have gone down, is already behind you. But you did return to the actual track itself. Each life track has specific features, tastes, nuances inherent to it. These are the nuances you are sensing in the moment of having a clear gaze at the end of a transaction. Just don't confuse such things as, for instance, the way a house looks in the morning and in the evening. The difference in nuances of different tracks is an entirely different matter. You will see what I mean, once you've experienced this feeling.

This is that very same return to the past – forward onto former life tracks. Perhaps, it is not quite what you expected, but it is real. Imagine, what a big detour you've made, having gone off the path and strayed about in the forest for a long time? But now is not the time to regret the past, instead you should be happy that you are again gradually returning to *your path.* You know, a lot of people never return.

However, it is not at all necessary that you will feel the nuance of a track you have been on before, because the path to your goal could be on a new track, where you haven't been yet. In that case, there is no return to former tracks at all or it happens only every so often. In the space of variations, life tracks are deeply intertwined, and there is no need for us to understand how Transurfing really works. Perhaps, in one case it will seem to you that you've already encountered this particular nuance, yet in another case it will be something new. You gazed at a familiar view, and it seemed to you that there is something new about it, a peculiar nuance. Once again I emphasize that this is not about noticing new details that one could perceive without any transactions, rather it is specifically about new nuances, a new style, mood, significance, theme, a fleeting sensation.

Nevertheless, you will understand it anyway, once you give it a go. You will definitely succeed. You just shouldn't try hard doing it. The mind, with its tendency towards total control, always ruins everything. As soon as you have caught yourself trying as hard as you can to see the nuances, it is better to stop doing the transaction all together. You can continue practicing, when the burning desire to get necessarily get a result has cooled. Keep in mind the rules of practicing transaction – it won't work if you are straining yourself. Trust me; you will manage to do the whole thing easily and naturally, if you only "move the little finger of external intention". And, the other way around, everything will turn into pointless efforts of internal intention, if you will try hard to get a result.

If you do not notice any changes in nuances while doing the transaction, then the parameters of the present track are already satisfied by the performed visualization. This indicates that you are transmitting the radiation of the present life track and your goal lies before you, on this track. But, one way or another, when doing the transaction, from time to time you will notice a transformation of nuances.

You can perceive nuances not only in familiar views or scenery. Even when your clear gaze comes across images never seen before, there is a fleeting sensation of something long forgotten or something fresh, new. When you are looking at an unfamiliar view, you are simply stating the fact that you are seeing it for the first time, not noticing anything special about it.

However, in the process of transaction there is a clear sensation: there is something new in this picture, something that wasn't there a couple of seconds ago. You'll feel it.

Once you'll see the nuances, you'll be amazed how real it is. After all, admit it, while reading this book, you still do not completely believe in the reality of the space of variations and the life tracks. When you'll see it with your own eyes – don't get scared, it is not mysticism. But it is also not the qualities of human perception, as one may think. You will soon discover other signs indicative of a transfer to other life tracks, and these signs are in no way connected to perception. You could feel that the way others treat you has improved without cause. Some problems that have been following you everyday have disappeared. Basically, you will notice yourself what attributes of everyday life have changed, even though there were no obvious causes for these changes. For example, a clock that had stopped working many years ago, will resume its activity.

In general, under regular conditions, a clock stops because of a natural clogging up of its moving parts. If one cleaned these, the clock would work again. However, it is very often the case that clocks and complex household appliances stop working on their own or break when their masters get out of balance. This happens in restless, stressful, conflict ridden situations. The breakage of appliances is not caused by the energy of an excess potential – its magnitude is too small and it is not directed differentially to cause any kind of changes in mechanisms.

The energy of negative feelings induces a transfer onto those life tracks, where the balance is upset, where life has left the calm flow, where there is some deviation from the norm. On those tracks everything remains kind of the same, but something is not well, unsettling, and wrong. It is as if the decorations on stage remain the same, but the lighting has changed, or the transparent air has been clouded, or the water has been muddled. These weak changes are the ones influencing the activity of sensitive complex appliances and precision mechanisms, to which the cloud becomes apparent.

There is also a category of people, in whose hands everything is "on fire". People like that are usually constantly deviating from a normal balance –

they are either too absentminded, or excited, or tense, or worried. Sensitive appliances that get on the muddled tracks of these poor souls break down. So, if your watch started working again, then you managed to get onto pure life tracks. But do not let it worry you that your watch stubbornly refuses to work; perhaps you just need to hand it in for repair.

Now you know that you are not only travelling in the space of variations, but in some sense you are also travelling in time. You can’t get back what’s gone. But you could bring back that fresh sensation of novelty, hope and happiness, which were lost because you were moving along a chain of negative branches. It was already mentioned in the beginning of the book why, with time, the feeling of freshness of life disappears. Moving towards your goal is the same as going back to the past, when ice-cream was delicious, hopes - colorful, and life seemed so joyous and promising. Chins up, the past is before you!

Gliding

Finally, we've arrived at the moment when you are ready to get the answer to the Riddle of the Overseer. The statement that every person has the right to a real freedom of choice when it comes to his fate remains a riddle until you become aware of the origin of dependence that is *non-freedom*. Now, based on everything that has been said in the book, I could give you the answer.

You obtain freedom, when you stop your battle.

You see, the answer is very simple and short, as the alchemists' secret on the Emerald Tablet. But if I were to give you the answer in the beginning of the book, you wouldn't have grasped its meaning, right? Dependence - is you taking part in an imposed battle. As soon as you wake up from dreaming awake, as soon as you stop fighting yourself and the world, and leave the field of battle, there is nothing more to hold you. The battle continues, now without your participation, and you are free to go, wherever you want, and to choose whatever you want.

The world, like a mirror, is reflecting your attitude to it. When you are dissatisfied with the world, it turns away. When you fight the world, it fights you. When you stop fighting, the world moves towards you.

From your very birth, pendulums have been pointing out your place in this world. A worldview template was imposed on you, the rules of the games explained, a role assigned and thereby you were imprisoned into a box of conditionality. And at the same time you were given a false declaration of independence. In accordance with this declaration you can choose. You have been hung on a string, like a puppet, and "released" – as if saying, desire what you want, and achieve it, any way you want. You start twitching on the string and achieving, but unsuccessfully. Then they let you know that in order to conquer your place under the sun, you need to fight yourself and the world harder still. Such are the rules of pendulums: "Fight and do like I do".

You have only used the freedom of taking part in a battle. True, that too is a choice. You always get what you choose – it is an immutable law. In the battle of pendulums, man is unable to come out of this battle victorious – he can only get a prize, and even that is something few people achieve. The task of the pendulums is to conceal your true freedom. In reality, no one can *make you* take part in a battle. They can only *make you believe* that there is no other choice. And that is really the case: *there is no other choice, as long as you hold on to the string of importance.*

To gain freedom, you need to reject importance – do not attach excessively important significance to anything, on the inside or the outside. In order to drop importance, in most cases, it is enough to wake up and consciously change your attitude. We are all sleeping awake and we are automatically playing our roles. The depth of our dream is again proportional to the significance that we attribute to all of the features of the game. That is why we are prisoners of our own importance.

But isn't the attempt to change your attitude that very same struggle? No, it is not. You are fighting yourself, when you are trying to suppress your *emotions.* Now, when you know what the pendulum game is all about, you can consciously change your *attitude* to it, without forcing yourself. Thus, you are making a choice in favor of freedom from pendulums. You set the rules of the game yourself. Now your game with the pendulum is about breaking its rules. A game like that turns a struggle into some ridiculous battle with a clay dummy. It's as if you become aware of the fact that everything that is going on – is just you dreaming awake. By distancing yourself from the stage into the auditorium, you suddenly understand that, whether you should continue taking part in the battle or just calmly go and take what's yours, is up to you.

Of course, you won't be able to cut the strings of importance right away. It is impossible, to get rid of excess values and hang ups just like that. And you do not have to get rid of them, because it would once again be a struggle! The whole point is that once you stop your struggle the strings of importance will eventually break. If there is any importance that you are able to drop consciously – do it. Transform into action everything that you do not manage to do. Play the slide of your goal in your mind, keep

visualizing the process and calmly move your feet in the direction of the goal – and that will be your action. Rejecting the struggle – is an action too. Give yourself and the world the opportunity to be the way you are. You do not need to change yourself and fight the world. As soon as you have rejected the struggle, with every day that goes by, your freedom will become more and more tangible.

It is also impossible to at once get rid of the weight of problems, which you have accumulated over your life. However, by observing the principle of coordination, you will eventually get out of the primeval forest onto an even road. There is no guarantee that everything will run smoothly right away. Pendulum provocations, obstacles and disappointments await you. The important thing is – do not despair and do not get depressed. With time, everything will sort itself out; after all, you've got in your hands a powerful technique of ruling your destiny.

If you managed to get imbued with the realization that you are capable of controlling events in your life, if you have gained confidence and have an uplifting feeling – expect unpleasant surprises. Most likely, you will get a flick on the nose by one force or another, depending on the intensity of your confidence and the uplifting feeling. It is balancing forces reacting to your excess potential. Do not yield to the temptation to imagine yourself being the puppeteer or the director of the play "My life".

Of course, you are actually a director, but only a director of your own fate. However, you are not the only one playing in the play "My life"; there are also the people around you to consider. Thus, the tiniest self-conceit and self-confidence creates an excess potential. It may seem to you that you don't think much of yourself at all, yet in reality no one is flawless. You got the key to a very powerful force, thus the least deviation from excellence carries tangible consequences.

Ideally, the realization that everyone is a master of his own fate should be entirely ordinary. Imagine that you were issued a certification, which gives you the right to buy newspapers at any newsstand in the city. Will you get happy? Hardly, because it is your right anyway. You won't get upset if you don't manage to buy the newspaper at this particular newsstand? You'll buy

it at another newsstand or you'll do without the newspaper. You should be treating your new ability to control the events in your life in the same way.

I must warn you of one more thing. Transurfing shouldn't be used with the purpose of bringing harm to another person. By directing hostile intention by visualization, you could take vengeance on a person or a group of people that bother you, and it will work. But then you are in for trouble. I really do not recommend you to practice black magic. Even if it seems that your retribution is entirely just, don't do it. If, nonetheless, you were unable to refrain from sending trouble to your enemy, expect the first warning – you'll see the sign yourself. And if you won't stop, you will be punished. Do not forget that we are all guests in this world. Such are the conditions of freedom: you may choose, but you do not have the right to change anything.

As everybody knows, the ancient civilizations have perished. What remains of them are only shards - constructions, like the Egyptian pyramids, and indistinct echoes about some secret magic knowledge. People, who had mastered the force of external intention, gained too great of a power and thus were not only punished, but destroyed by balancing forces. There have been plenty of civilizations like Atlantis. Every time people mastered the force of external intention, they forgot that they are only guests here. And, as everybody knows, a guest that has gone too far is kicked out.

You should be especially wary of boasting before your friends and family. If you declare out loud that you will get your way, your chances of success will go down dramatically. That is the case, when being confident grows into self-confidence. When you know inside that you will get your way, you are not upsetting the balance. This knowledge is inside of you, being a thing in itself. But if you declare to other people that you will get what you yet do not have, you are creating an excess potential. Then the balancing forces are activated, aimed at eliminating the potential. Hence, the conclusion: better to act modestly and keep your mouth shut. Of course, when you have already achieved your goal, you can frolic, only without foolish enthusiasm and euphoria, or else the balancing forces will take your toy away.

Transform your glee into the intention of celebration. Use your right to choose and allow yourself the luxury to perceive the life that currently does not satisfy you, as a celebration. Now there is not an illusory but a real

reason for a party – the hope to obtain freedom. You will have a sense of quiet happiness from realizing that you are moving towards your goal, hence celebration will always be nearby. Not even balancing forces can darken this quiet happiness of yours. In conformity with the principle of coordination, *if you will perceive your life to be a celebration, no matter what, - then that is how it will be.*

Now there is no need to continue the struggle. You will get what's yours anyway. Having rejected the struggle, you cut your strings and obtain freedom, without losing your footing. Your footing – is the flow of variations. You need to remember that your choice will definitely get realized. Set the radiation of your thoughts onto the life track of your goal, and then the flow will be directed specifically towards your goal. There are no such forces that could stop you on your way to your goal, if you are moving with the flow, keeping your balance and observing the principle of coordination. You are no longer a little paper boat on the waves of circumstances, nor are you a string puppet in the hands of the pendulums. You have a sail – the unity of your soul and mind. You have a steering wheel that is your choice. You are gliding in the space of variations, using the wind of external intention.

Summary

The turn of the key undoes any blocks and releases the energy of intention.
Transaction: the turn of the key, visualization, fixation of the clear gaze.
As a result of a transaction, you see a change in nuances of decorations.
Do not attach excessive significance to the transaction technique.
Perform the transaction casually and without straining yourself.
Don’t make yourself do the transaction often.
Playing the slide of your goal and visualizing the process is quite enough.
Transaction serves the only purpose of watching one’s movement in the space of variations.
Moving towards your goal is refreshing the layer of your world.
The world, like a mirror, is reflecting your attitude towards it.
By putting an end to your struggle, you obtain freedom.

CHAPTER V

LETTERS FROM THE PAST

Before the publishing of “Reality Transurfing”, excerpts from the book were available through a newsletter on the Internet. This particular chapter was born as a result of the correspondence with the pioneers of the space of variations. Taking this opportunity, I would like to express my gratitude to you, dear Readers, for your kind letters, rave reviews, for that enthusiasm, with which you have received the ideas of Transurfing. Thank you!

“And defeat from victory you must not distinguish on your own”.
B. Pasternak

Dark Periods

“I have some questions to which I cannot find answers myself. According to your theory, if I will find good in everything, I would get on the wave of positive events. It wasn’t working out for me, and not only once, otherwise I wouldn’t have paid it any attention.
I’ll give you an example. Only half a year ago I had a wonderful job, which I was very comfortable with and which made me happy. My job was my life. I had good friends, acquaintances, a man that I loved, a house, my parents. I was really happy, and you could say that I quite consciously envied myself. I had a plain, calm life. But I was afraid that this wouldn’t last much longer. I had to leave. Now I have no house, fewer friends, a job that does not correspond to my plans or my education…
Here’s another example. I was about to graduate from the university. I’d spent a lot of time at the faculty the last two years of my studies, and got very close with the lecturers and the students. The last semester, I could almost physically feel that this is a great time, and it will probably never happen again. I tried to memorize every day. I was offered to stay and work at the university. I was just so terribly happy! But then there were cut backs, and they didn’t hire me. As a result I spent half a year at home. These were just black days for me.
In other words, there were several situations, when I was truly happy with my life and thanked God for that, but then began such a dark period! The law wasn’t working in my case; I was swept away onto a wave of negative actions. And one other thing, when I feel really bad and start “wailing” (complaining), it is as if I am given a clue, some help, although, according to your theory, I should have been swept away someplace really far…
So that is the inconsistencies I am experiencing. I’d be happy, if you’d help me get my head around them”.

Actually, there are no inconsistencies in your case. On the contrary, everything is happening just the way it should. It is not clear to you, why bright periods in your life suddenly go dark. But in your letter you have formulated the reason very well.

The reason is and always has been one and the same: *the world – is the mirror of your attitude towards it. The difference between the first and the second is only that an ordinary mirror reflects any changes immediately, while the world responds with a delay, sometimes up to several days, or even months.*

Look, what you are writing: "*I had a plain calm life. But I was afraid that this couldn't go on very much longer. ...The last semester, I could almost physically feel that this is a great time, and it will probably never happen again"*.

Where then do you see an inconsistency? With your attitude you have selected a program, and the world executed it impeccably. The world always realizes your choice to a hundred percent. That is all the world is doing.

You phrase your complaint to the mirror the following way: "…there were several situations when I was *truly* happy with my life and thanked God for that, but then began such a dark period!" What caused the dark period?

Now, if I tell you where dark periods come from, you won't believe me. Even excluding the key phrases that I have just quoted from your letter, to name the source of dark periods is not at all difficult. But this case is not unique in any way, because all of us always make one and the same mistake.

The thing is that the dark period that followed the bright period was not anything of the kind. You were the one to paint it black. Bad cannot follow good things. In reality, *what followed the good stuff was the even better stuff.* But you didn't believe that to be the case. You didn't accept the approaching changes and gave out a negative attitude to the world. And the world had to mirror your attitude and hence, realize your choice.

The quality of human mind is that he always stubbornly defends his script. Everything that doesn't fit the script is considered failure. And the other way around, only the things that have been planned for are considered success. This stubbornness of the human mind originates from personal conceit and established common stereotypes.

How can your mind know exactly what is good for him and what is not? Can he really predict how things will turn out? Great success never knocks on your door beforehand – it always literally drops down on you from the clouds. Have you ever thought about why that is? It happens because the distracted mind doesn't have the time to stop success from realizing.

Only in the moment, when your mind releases the death grip of control over the script, fortune is able to break through this solid defense. Fortune cannot be planned, right? Otherwise why are we even having this discussion? Plan – and get what you have planned for! No, this happens very rarely.

The mind is incapable of developing an algorithm of success. Sometimes Readers ask me, what they should do in a particular situation or another. And how can I know? Do not believe anyone claiming to know the recipe of success in every specific case. *It is beyond anyone to know.*

Then who knows, and where to find the answer? Your world, which is your mirror – knows! Transurfing carries in it the most amazing discovery that you could ever imagine, which is that you only need to make a choice, and then not be in the way of the world realizing your choice.

Therein lays the entire paradox: man doesn't necessarily have to know exactly how he should achieve success. More precisely, it is better not to know anything about it at all. And what, you thought that Transurfing would provide you with another recipe for success? The mind is unable to find this recipe. The whole beauty of it is that *the recipe will find itself!*

Your mind's task is to not disturb the flow of variations, that is, the course of events, with his control. *The flow of variations is always aimed in the direction of your choice.* That is exactly why, if the choice has been made, you could easily rely on the principle of coordination of intention: *my intention will be realized; everything leads to it; and everything is running the way it should.*

Let's return to the dark period. Each time, when a dark period begins, you have apparently missed some kind of chance. It was a chance to make the bright period even brighter. But the mind did not accept the approaching

events. More precisely, he assessed them to be negative, and as a result the negative really did appear in all its glory.

But you shouldn't get upset because of this. If you define your goal and start observing the principle of coordination, one wonderful discovery will await you. You shall see that all mistakes that you have made so far served this particular goal. You wouldn't have reached this goal of yours, if you hadn't made all of the previous mistakes. On the other hand, if you hadn't made these mistakes, you could have reached your goal. But it would have been a different goal. After all, there is not just one goal that is yours. That is how incomprehensively, magnificently and generously our world works.

So, do not despair: the past is before you, if you are moving towards your goal. Perhaps, until now you were only interested in someone else's goals?

The Game of Partners

“You’ve said that seemingly incompatible individuals are united in marriage, like a kind of punishment to each other. That was written about me. Could you, please, give some practical advice on how to find a way out of the following situation: what one should do and think?
Many times I have tried to fix our relationship, there was an effect, but it didn’t last very long, then I realized that we are incompatible and I should try to have a relationship with another woman. I chose divorce. I really want to end the relationship, but there is shared property in the picture, and the circumstances are such that this property stops me from implementing my decision smoothly, with minimum loss.
When I get angry and think that I am ready to end everything this very moment and on any terms, the relationship gets better for a while for no apparent reason. But very soon it starts all over. What should be done, from the standpoint of Transurfing, in order to change the situation?”

I won’t be wrong, if I tell you that the majority of divorces have a trivial cause: partners do not allow each other to be themselves. You are, probably, thinking that they are wrong, and I want to show what they are wrong about? No, you are mistaken.

It is really not about who is right and who is wrong. Conflicts that arise because of trifles have one non-trivial, but most important aspect – *awareness, or rather, the lack of such.*

Annoyance – is an unconscious reaction. In an unconscious dream, the dream just happens to a person, as he is completely absorbed by this game and is not aware of the fact that it is only a dream.

In the exact same way man is sleeping awake, reacting negatively, like an oyster, to an external irritant. Everyone kind of understands that every person has a right to his peculiarities and oddities. And if that person is not like you, he really doesn’t have to be that way.

But everyone realizes it only when they are asked about it. In other cases the trigger hook of annoyance works in an unconscious dream.

When dreaming awake, man does not let himself be himself, nor others be themselves. You get relationships of dependence, producing polarization, which in turn gives rise to the wind of balancing forces. Balancing forces aim to bring together the opposites of the personalities, to extinguish the heterogeneity.

In addition to everything else, pendulums, sensing a polarization taking place, induce actions in a partner that cause even greater annoyance. Have you noticed that your partner is sometimes behaving as if wanting to get to you on purpose?

Now, you should know that in most cases she is unaware of her actions, being under the influence of a pendulum that is feeding on the energy of your irritation and striving to direct the actions of your partner in a way that annoys you even more.

You yourself illustrate in your letter how polarization works. Look here: "*When I get angry and think that I am ready to end it all this very moment and on any terms, the relationship gets better for a while for no apparent reason"*.

When you agree to "any terms," then you release your grip, as if saying: "Oh, to hell with it!" In that moment polarization weakens, the wind of balancing forces drops, the pendulum leaves you alone and, as a result, your relationship improves.

Actually, I must say that identical people are probably the incompatible ones rather than people that are different from each other. When people say "we are incompatible" or "our personalities do not match", translated to the language of facts one should understand this as "we didn't let each other be ourselves".

In reality, people with opposite personalities can and should live in happiness and harmony. Balancing forces do not knock opposites together in vain, thereby maintaining the status quo.

I, and perhaps, even you know of couples that throughout their long union have broken up many times. And they broke up for real, including taking out bags with personal belongings, breaking dishes, burning family photos, tearing marriage certificates and other frightening rituals. All of these mind-blowing dramas were accompanied by terrible oaths that this time it is final and irreversible. But the storm abated, both warriors calmed down and started living together once again.

All these conflicts, armed with rolling-pins and dishes, could be avoided, if you were to consciously go down from the stage into the auditorium and look at the game, that is, on your life together with your partner, from the outside. At least one of the partners must do this.

Why is your life together a game? Because each of you has taken a role to play: I am this, I am doing that, and I get annoyed by this and that. But people plunge into this game, and thus they act unconsciously, as if they are sleeping awake. Life “happens” to them, and they are unable to influence the script, although they are using all their powers trying to do that.

And now recall how when you were a kid you were playing adult games. Children, unlike adults, are aware of the fact that everything is “pretence” play. Every moment of the game they remember: this is a game, and so they act consciously, as playing viewers of the game. Children are capable of changing the script of their game, because they realize that it is not reality. Just like that, in a conscious dream, the dreamer is capable of controlling the occurring events.

When getting older, people lose the ability to play in a detached way. They immerse in their games, as in heavy sleep, and in the end they lose their awareness. And since people are sleeping awake, they turn into weak-willed string puppets, and life “happens” to them just like a dream “happens” to you when you are sleeping.

Try, nonetheless, turning your life together with your partner into a game, play it like children play their games. Take the already assigned roles and play them in a detached manner, pretending. For example, as soon as your partner starts doing something that you do not like, start getting annoyed, as

you did before, but this time around, play your role vividly, in a grotesque manner and with humor.

As a result the mechanism behind the conflicts you've instigated, when you were in an unconscious dream awake, will become clear to you right away. You will get a real understanding of how imaginary all these arguments are, just like in TV series. And once you have realized that, you will finally be able to let yourself be you, and someone else be different.

Charity Work

"The last two years I have immersed myself in stock trading (FOREX). And I cannot arrive at a successful, stable trade. Two years – constant loss. Perhaps it is true, as a colleague writes: market – is one diabolic invention. "Give to Caesar what is Caesar's, and to God what is God's" .[4]*Playing on the market, we are losing a soul. Our soul. Unfortunately, that is the way things are. And it is true. The only way out for me – is to donate for the construction of a church. But that doesn't take away any karmic consequences…*

And then, what about the multi-variance of fate? Is there really no way to support yourself, trading on the stock market? All these fairytales about billionaires – a myth? Or you need to erase the idea of getting rich from your unconscious and replace it with the idea of helping your neighbor? I am not a theorist and I am not a beginner, everything I am writing about here – I have experienced more than a hundred times and know what it feels like. What, in your opinion, should be my choice?"

You are asking me what, in *my* opinion, *your* choice should be. Am I or anyone else really able to point out your true path? Only your soul knows it. I, however, can but judge your mistakes, and do that only subjectively.

You write: "*The only way out for me – is to donate to a church"*. I, obviously, understand that you do not consider this to be the only way out. But what makes you think that donating could at all be viewed as a way out?

Not the adherents of God, but the adherents of a religion pendulum made you believe that by giving away money for the construction of a church, you will "save your soul" or get rid of some kind of karmic problems. Any *true* servant of God will tell you that you cannot buy indulgence for any money.

Let's call things by their true names: religion pendulums – it is not God. The Almighty does not need a church, but a pendulum does. God doesn't

need your donations. If you view a donation as a solution to your problems, then you are trying to strike a deal with Him.

Charity could eliminate excess potential of saved up money, if you have excess means that have been lying around for too long. But, since you are involved in stock trading, there is probably no stagnation of your finances.

Charity is a good deed in its true sense, only when it is genuine. For example, a wealthy man helps a children's home, but he is never there himself. In that case, it is not a good deed, but a deal. His help is aimed indifferently; it serves the nice idea, framed with a pious phrase: "I help children!"

But the motives of this person are not sincere. He does not have a need to talk with the children, who he is helping, and thus he doesn't love them. *He values himself, the one helping children.* Well, let's assume that is the case, and is it so bad that this person is helping without loving, without being sincere about it? It is not bad, it's all great. He just shouldn't be hoping that this will somehow give him "extra credit".

He might raise his rating in the public opinion, but his soul will get no compensation whatsoever. It is better to sincerely love yourself, than to love others – insincerely. I would even say that loving yourself is absolutely necessary.

Here you are writing: *"Or you need to erase the idea of getting rich from your subconscious and replace it with the idea of helping your neighbor?* You shouldn't force yourself with these ideas of helping your neighbor, if you do not feel a genuine impulse. On the contrary, get involved with *your* enrichment. This is something you are doing sincerely, and you shouldn't be ashamed. Do not pay any attention to the cries of pendulum adherents, who impose on you their "spiritual" values. Remember: truly spiritual individuals *will never impose anything on you.*

The foremost spiritual value to you is your soul. Turn away from the pendulums, face your soul and attend to yourself, for example, to your enrichment. Only, one should approach this enrichment from a completely different place than you are trying.

Your soul doesn't want money. Rather, she wants the things money can buy. You know exactly what you want? Most likely, you don't. Then ask yourself, what you actually want out of life. *What will turn your life into a celebration?* Identify your goal.

Your mind solves this task with a brute-force approach: money can buy practically anything; consequently, you need to head straight for the place where this money is. But the whole problem is that the soul is also acting in her way and with a brute-force approach. She doesn't share the mind's strive towards money. She doesn't get at all, what money is, because she is unable to "think" in abstract terms. Thus, the soul will not become the mind's partner in obtaining money. And the mind is powerless without the soul, just like the soul is powerless without the mind.

What then should you do? *Identify your goal and move towards it, without thinking about the means of achieving this goal.* The means will find themselves – that is the whole trick. In other words, if the soul and the mind are moving towards the goal hand in hand, doors are opened before you that seemed inaccessible before.

Could you consider playing the stock market your door? I do not presume to judge. You write: "*...I cannot arrive at successful, stable trade. Two years – constant losses".* Make your own conclusions. Those become billionaires, who are moving towards their goal, and not towards money.

When a person is moving through his door, his soul is singing, while his mind is rubbing his hands with satisfaction. Does playing the stock market make your soul happy? Does this particular trade provide satisfaction to your mind? You should answer these questions yourself.

Esoteric Knowledge

“I am already familiar with various literature of this kind, and the strangest thing is that basically everyone wants to say the same thing, only they still disagree on many points.
I, for example, am already starting to get confused because of the sheer volume of this information, what way is the right way and what way is the wrong way. Basically everyone says that you shouldn’t take any information too seriously. But what should impressionable people do, and people who, let’s say, give alms every day? After all, by not accepting and not understanding someone else’s misfortune, the world will become hard-hearted and vicious.
In the future I want to become a journalist, and I am already working at one of the publishing houses, where I mostly encounter problems of women, and I write articles based on their stories. It is impossible to work efficiently without empathizing with their problems. What should journalists do, who everyday encounter different kinds of information? Does it really mean that I will have to swing pendulums the rest of my life or keep tormenting myself? Perhaps, there is something I don’t understand?
Also, sometimes there is the thought that all these ideas, including Transurfing, are utopian. After all, if you were to get to the bottom of this, even Transurfing is a pendulum, which you created, and you are swinging it with the thoughts of other people. Then why not make its laws simpler?”

Transurfing is not made up, thus its laws cannot be altered. And to “fabricate” these things is completely impossible. You cannot learn it from other people either. Esoteric Knowledge is not fabricated and it is not learned. It is simply there in a place accessible to all. I call this place the space of variations. Others may call it differently, but its essence doesn’t change because of that.

In your letter you say that you get confused about certain matters. How do you get your head around this myriad of teachings, which, according to you, are talking about one and the same thing but still differ in their opinions? You won’t believe how easy it is.

Having read a heap of literature on psychology and the esoteric, you could stop at a certain point and forget everything that other people were writing about in their books. If you have accumulated a minimum necessary foundation in some area, you could get further information directly from the space of variations.

To do that you need to have the audacity to stop looking for answers to your questions in books by other people and turn to yourself. As long as your mind is turned to the wise of this world, you will keep getting confused and you will always be the eternal student. Change your orientation: turn your mind to your soul and get the answers to all your questions.

You know, what differentiates those who make discoveries, create masterpieces of culture, art and write books, from the people that get amazed before these discoveries, get enraptured with these masterpieces, and are reading these books? What differentiates creators from connoisseurs and teachers from students?

The first had the audacity to tear their mind off others' creations and turn it to their soul. Connoisseurs and students are not in any way deprived of talent! It is just that their intention is aimed in another direction – at evaluating other people's work and to learn from others.

It may seem to you that I am trying to play to the empty gallery or repeating over and over again some well-known truths. To turn your mind to your soul? There is something nonspecific, unclear about this and it smells of some kind of sugary spirituality.

But I am actually talking about entirely specific things. To say that your soul already knows everything would not be entirely correct. The soul does not know, but she has, unlike your mind, access to the field of information where the data about the past and the future is kept. All masterpieces and discoveries are stored there as well.

The mind perceives the feelings of the soul as intuitive knowledge and inspiration, and then interprets these into the shape of commonly accepted ideas and labels.

The mind cannot come up with anything new. He is only able to assemble a new version of a house out of old bricks. Everything that is principally new is made in the unity of the soul and mind. But to achieve this unity you need to make simple and concrete steps.

Accept the fact that any knowledge is accessible to you. Turn to yourself with a question. Go your own way. Take advantage of your right to be unique. Make use of your access to the knowledge.

The knowledge will be accessible, once you'll manage to redirect your intention from others to yourself. Just tell yourself that you are unique, original and know everything. Ask yourself a question and wait for an answer. It will come on its own, perhaps at once, perhaps in several days, or even months, depending on the complexity of the question. But it will definitely come to you!

In each person, the communication between the soul and mind happens in its own way. The important thing is – to direct the intention of your mind to your soul. *The whole secret is that it seldom occurs to people to try to do that. But those who've tried start discovering new things and creating masterpieces.*

The only thing that is in the way of the soul and mind's coming together – is internal and external importance. Importance locks creative initiative into the box of commonly accepted stereotypes. This is what you write about the problems of your readers: "*It is impossible to work efficiently without empathizing with their problems"*.

It is a correctly hackneyed phrase, isn't it? One could also add that not having empathized with someone's problem, it becomes completely impossible to help that person in any way. And that too sounds right. But in reality – it is a false stereotype that has been shaped by pendulums.

You are solving people's problems, not because you are empathizing with their problems, but in spite of that. What's more, by burying yourself in other people's problems you are no longer capable of solving them objectively.

People get problems as a result of being completely immersed in the game of theirs. Life "happens" to them, and they are, as in an unconscious dream, at the mercy of circumstances. But should you only go down to the auditorium and look at the game from the outside, as a lot of things will become clear to you.

While you are completely immersed in the problems of other people, you are in the same situation as they are. To understand and solve their problems, you need to act in a detached way.

Not heartlessly, not indifferently, but in a detached way! That is the difference between the absence of importance and callousness.

Problems, yours as well as those of others, can only be solved, if you take on the role of a playing viewer. But while you are still "living" yours and other people's problems, you are helpless.

Many Readers just cannot catch the difference between detachment and callousness. I repeat once again: *absence of impor- tance – it is detachment, and not indifference.* Play your roles as if pretending, like children. Then you'll become the puppeteer, the master of the situation. But when you are absorbed by the game, you are a string puppet.

It is true; you shouldn't take anything too seriously. If one were to examine it closer, everything is not as important as it seems. You need to help those who need your help. But you need to do it in a detached way, without empathizing and tormenting yourself with worries. You feelings can only harm. And then again, you should provide aid only to those, who are asking for it.

To your question: "*what should impressionable people do, and people, who let's say, give alms every day?"* there is an entirely specific, but what may seem to you a surprising answer *–reject the feelings of guilt.*

If you systematically give alms, then you feel obligated to do so. And obligation stems from guilty feelings. You do not as much feel *compassion* for the needy, as you feel *obligated* to help them. This is not compassion, but a manifestation of importance.

If you suddenly feel sympathy for a specific poor sick old lady – that is compassion. But if you cannot calmly pass by any beggar, without experiencing inner torments, then it is not compassion at all, but a call of duty.

What to do?

Just realize your freedom. You do not owe anyone anything. Take your right to knowledge. You are capable of creating and providing answers yourself. If you are not free from importance, you are a prey to doubts. If, however, you are free – then you are right. And when you are free, you can allow yourself to feel sorry for people and feel with them.

How to Get Back the People You Love

“I beg you, please, tell me how to get back the man I love?”

If he left on his own - there is probably no way you can get him back. Rather, you won’t be able to get him back with the efforts of internal intention, that is, by taking some kind of action, aimed at his “return”. Among such actions are any attempts to directly influence this person. Even if you do manage, he will no longer be the same.

You can only get back the man you love by external intention. By internal intention you are trying to directly influence the world while achieving your goals. External intention works in a way so that the world itself will go out to meet you half-way. Briefly, I can explain the mechanism behind the function of external intention in the following way.

Partners in their relationship are guided by internal intention, that is, they want to get something from each other. If one of the partners does not get what he wants, he ends the relationship.

Everyone is trying to get satisfaction from being in a relationship in their own way. It could be a need to be loved, sexual needs, respect, acknowledging virtues, mutual understanding, communication, running away from solitude, entertainment and so on.

Is there anything in common, uniting such different personal aspirations? This common nominator has always been and is defending and acknowledging one’s personal significance. Regardless of what a person is guided by in his actions, any of his motives are in one way or another connected to the sense of personal significance. That is how man works.

When it comes to people, internal intention is always aimed at defending and acknowledging personal significance in one form or another. What is the internal intention of your loved one aimed at? Is it aimed at looking for a partner, who will provide him with a satisfaction of personal significance?

And what is your internal intention aimed at? To get back the man you love, and thus, firstly, restore your significance, and secondly, resume a relationship where you got some kind of satisfaction.

Now think about it, would you be able to satisfy the aspirations of your partner, if you were to be guided by your internal intention?

To get your loved one back, you need to give him what his internal intention is aimed at. You shouldn't condemn him, if what he wants from you is to satisfy his personal significance in one way or another. After all, you too want to get something from him.

As you know, the first principle of Frailing reads: *reject the intention to get, replace it with the intention to give, and you will get what you rejected.*

Reject your internal intention, no matter what it is aimed at. Find out what the intention of your partner is aimed at. Direct your aspiration at satisfying his intention. As soon as your actions have been reoriented onto satisfying the needs of your partner, your internal intention will turn into external intention.

As a result, not only will you manage to make your partner happy, but you will also get all the things you want from him *and that in abundance*. If you manage to abandon the intention to get, having replaced it with the intention to give, you will most definitely get what you rejected.

This principle works so well that you get a feeling there is some kind of magic power at work. But this is real magic. And you won't even need any spells or love potions.

But actually, to get back what is lost is like entering the same river twice - very difficult. It is better trying to observe the principles of Frailing even before the relationship starts to fail.

In any case, if I was in your place, before taking any initiative, I would have thought about it twice: do you really want to get this man back or is there an irresistible burning desire to restore your lost (abandoned by him) significance?

If you feel that you are being neglected, that is very painful. I know. But even if I knew everything about your situation, I wouldn't have been able to recommend anything specific. It is only in my powers to provide you with the tool, but what you will do with it is up to you.

Do not forget that the layer of your world – is your mirror. If you prefer to suffer, then that is how things will turn out for you. If, however, in this moment you will make use of the principle of coordination of intention and start considering the circumstances as exclusively favorable, then that is exactly how it will be.

Perhaps, the break-up with your loved one saves you a lot of unknown problems, while it seems to you that everything is bad. Tell yourself that everything is just the way it should be, after all you are the one to decide – whether you should be happy or miserable. If I were in your place, I'd be happy; I'd be jumping and clapping my hands. Allow the mirror to give you pleasure.

"I have the same problem. The woman I love – my wife – is leaving me (we were dating three years and have been married four years).
The main reason to the break up is financial instability on my part. In many respects I am too kind of a person, timid, excessively careful. My wife thinks that with my experience and knowledge I should start my own business. With my gentle personality, it is difficult to climb to the top, make your way in the business world. And then again, career – it is not a creator's sort of thing.
In many respects I agree with my wife. In most respects I am being too thorough, looking for more information, trying to gain additional experience. Basically, my entire career is built in such a way that I do not stay more than one-two years at one place (Which gives me experience and business knowledge). One really good thing about my personality is responsiveness. It is also a bad thing, which stops me from making a career.
My wife needs stability, reliability, and children. My inner motives are also aimed at that. But not in the sense of Career, but by creating a system (business-scheme) which will bring profit. To do that you would need both experience and knowledge, which to me have always been a top priority.

Three months ago my wife and I got divorced. Rather smoothly. My wife is now renting a separate apartment; she can afford that on her salary. She is searching for herself. But our relationship is getting colder and colder. She doesn't want to see me anymore. How do I get my loved one back?"

I cannot give you a specific recipe on how to solve your problems. I only do that if the situation is completely clear. But even in that case, my opinion remains subjective, and thus it could be wrong.

If I do not know the answer, I turn to my intuition. If my intuition doesn't tell me anything, I can recommend using one of the principles of Transurfing, because I know that it won't do any harm.

In this case my intuitive answer coincides with the principle, according to which you should steadily follow the voice of your heart. Others say that success is about having a career, stability, high salary. These things cannot be part of a goal. Is a person's path really to move up the career ladder?

Career, stability, a high salary are in reality not goals, but attributes associated with it. Your goal – is what will make your life a celebration. By replacing your goal with an attribute, you won't achieve anything. Attributes come on their own, as a result of achieving your goal. For example, having become a great specialist, you get all the benefits.

So, you need to strive towards your goal, and not towards the benefits it will bring you. This fact seems pretty obvious. Everyone understands that. But the paradox is that this fact flashes by in the human consciousness, and is then clouded by the splendor of attributes.

People rush towards attributes, as moths to a lamp, but they still do not achieve anything. And how could they ever achieve success, if they are not going for the goal but for its attributes? Hence, the myth that prosperity is the destiny of a few chosen ones.

Public opinion imposes its stereotypes on you. But this opinion is based on visible end-results.

Success comes in the process of moving towards the goal. Endresults are always in full view, while the process of moving towards the goal remains in the shadows. As a result a stereotype is created: strive for a career and money, in other words “fly to the lamp”.

Everyone sees only the shine of already risen stars. But only a few people notice the path these stars have made in order to reach the top. All stars have gone through a dense, thick forest of failures. Luck shines sooner or later only upon those who are convinced that they are going down their path. You just need to move steadily toward your goal and keep in mind that: no matter what happens, the flow of variations is going in the right direction. No one can know, when and in what way the goal will be achieved.

If you will follow the commonly accepted stereotypes, then you could achieve certain success. But this success will be mediocre, and it will be very difficult to attain. To achieve truly grandiose success, you need to identify your goal and move towards it *unfal- teringly*, not listening to anybody. You could take into account the advice of others, but you should make the final decision with your heart. That is the only way for you to stop beating, like a moth against a lamp.

A right decision is born in the unity of the soul and mind. The only criterion of a wrong decision is the emotional discomfort of your soul. If you have made a decision and at the same time experience even the slightest heavy feeling, similar to the feeling of forced necessity, then your soul is telling you “no”. If, however, you do not experience any emotional discomfort of your soul in the context of the decision, then your soul is saying “yes” or “I don’t know”. In that case your mind will have the final say. If the decision is right, *the soul is singing, while the mind is rubbing his hands with satisfaction.*

On the other hand, if you can’t determine what your goal is, stop torturing yourself with this matter. Is it really impossible to live without a goal? If you just want to live, without aspiring for anything, then why not? In that case there is only one advice: you should not be floating but *moving* with the flow. In other words, you must observe the principle of coordination, and then your life will enter a calm and comfortable channel. Well, and your

goal will, most probably, make its presence known, once you stop the frantic attempts of looking for it.

When it comes to the matter of how to get your wife back, I can't give you any advice. From the key phrase: "She is searching for herself. But our relationship is getting colder and colder. She doesn't want to see me anymore", one could gather that financial stability has little to do with this. If she doesn't love you – it is impossible to get her back.

Intention

"I have the following question: does the law of Transurfing apply to other people? For example, could a mother cure her children (who are mentally ill), or if you (or me) would have the intention for Russia to become a rich country and its people live happily?"

Intention is capable of anything. The question is – how great is its power? If you have the intention of Christ, then, of course, you can heal. But the power of intention – is not the power of desire. Even if you want something very much, you will probably not get it. It is not even faith; because where there is faith, there will always be a place for doubt.

Intention –is a dispassionate, unreserved, unconditional determination to get your will manifested in reality, and the calm realization that this is exactly how things will turn out. Intention that is free of desire, fear, doubt and other importance potentials is pure. For example, the intention to get your mail from the mailbox is pure.

If the readiness to heal your children will be as pure, you will do it. Just don't be thinking that you can achieve that by applying effort. A paralyzed person, no matter how much effort he puts into it, won't move. And at the same time he will easily get his mobility back, if he accidentally "remembers" how he did it exactly.

To teach how to master intention is nothing I or anyone else can do. But there are methods in Transurfing, allowing you to make intention work regardless of your will. It is the so called external intention.

In this particular case, if treatment doesn't work, you must reject any attempts to cure your children. What is a mental disorder? It is when the soul of a person is tuned into an unrealized area in the space of variations. Normal people are tuned into our realized world, while mentally ill people are not ill at all, instead – they are just "soaring" in an unfulfilled, and hence, in our opinion, "abnormal" area.

Accept your children just the way they are. They are not ill; they are just different, not like everyone else. It is great when a person is not like everyone else – that's what's normal. What is not normal is the present state of affairs, when everyone is thinking and acting the same way.

Attempting to make your children normal, you won't make it happen. As I have already mentioned, you cannot master intention by force. By trying hard, making efforts and being annoyed, you are creating great excess potentials, which only make the whole matter worse.

But if you manage to accept your children the way they are, and to admit to them being normal, then you will get intention by an alternative route.

Give your children attention, care and, as far as it is possible, freedom. Deliver your children from the necessity to be "normal", and yourself from the necessity to make them "normal". And then not right away, but after some time you will see results.

Meanwhile, it is up to you to decide: to accept my advice or not. As you understand, I gave you an answer, not being a specialist in psychiatry. Do I have any right at all to give advice of this kind?

Your soul will provide you with answers to any questions that concern you personally. Put more trust in the voice of your heart, than the opinion of other people, including me.

My only advantage is that I am indifferent to your children. In this sense I do not have any excess potential associated with them, and thus my intention to give advice is pure.

But actually I don't understand why you care about the fate of Russia, if your children are ill? Isn't it too great of a scale? I don't like these ideas about making everyone happy.

Each person is only shaping the layer of his world; hence one person won't be able to make the whole of Russia happy. This can only be done by all people together. But people, united by a common idea, in the end create a pendulum. And it will sooner or later commence its destructive activity: leading adherents away from the path and imposing on them a battle with its rivals.

You know very well what came of these ideas of making people happy. Any such idea, including the purest one, based on love to God, creates a pendulum. By the name of God and in the name of happiness on Earth whole nations were wiped out.

A pendulum is incapable of making all people happy. In any case many will suffer because of it and will be miserable. Happiness cannot be universal. This concept is entirely individual. If the entire society will mobilize to construct universal happiness, the same devastation occurs, which, according to Bulgakov, "is in heads, not in closets"[5].

Pendulums benefit from passing off caring others as the kindness of the soul. They can skillfully form very convincing stereotypes. But all of this is only beautiful demagoguery. All people will be happy only if everyone will go towards His or Her goal through His or Her door. In that sense Transurfing is a pendulum for individualists. But it is the only real way to genuine, and not ephemeral, happiness.

You need to turn away from pendulums, let your soul out of the box of stereotypes and start doing something about your happiness. On the way to your goal you will do plenty of truly good and helpful deeds. And, of course, you will help many poor and unfortunate ones, because you will have more means to do so.

"You say that when a person is on the waves of success, he is happy and fortunate in everything, the point is not to yield to the influence of destructive pendulums. But what about the fact that usually a person cannot

do great in everything? Either there is career, growth and being successful at work, or comfort, peace and love at home. While in most cases you want things to be great both at home and at work".

You are the one saying that everything cannot be great. It is a personal choice. Because *you* think that, then that is how it will be for *you*. The world is always realizing *your* choice for *you*. You write "*While in most cases you want things to be great both at home and at work"*. Even here, the world is realizing your choice. It flawlessly reflects the fact that you *want* everything to be great. But not more than that. After all, you do want it? So you get yourself, *wanting.*

When you stop simply *wanting* and will *intend to have*, then you will get it. Notice the Transurfing motto: *"I do not want and I do not hope. I intend"*.

Importance Potentials

“Tell me, how to escape fear, anxiety, and panic? How do you do it in practice? For example: someone I care about has left – my daughter, my son. And anxiety rolls over me and envelops me: did they get there ok, why aren’t they calling?”

You’ve touched upon an interesting, but complicated subject. There is no universal recipe against fear. And if there would be a simple and effective remedy, dissolving fear without altering consciousness, then it would have become one of the greatest discoveries of all time.

In Transurfing terminology, fear – is an excess energy potential, generated when too great a significance is attached to the object of fear. An excess potential disrupts the balance in the energy field and hence gives rise to forces, aimed at eliminating the excess potential.

Let’s suppose that you have to walk along an edge of a cliff, and you are terrified of falling down. In what way can the balancing forces eliminate this potential? The least power-consuming method would be to throw you off the cliff and put an end to that. Nature always takes the path that requires the least energy.

But, since such an alternative does not suit you, you have to overcome the resistance of balancing forces, that is, you have to keep yourself together. It turns out that in order to balance out the potential of fear, you must make additional effort. As a result you spend twice the energy: on the potential itself, and on maintaining it. There is almost no free energy left, and that is why a kind of stupor arises.

If the fear potential is great enough, you are unable to keep it under control, and then the balancing forces are doing whatever they want with you. In other words, there is panic, and you are carried away by the forces in the direction of extinguishing the potential, that is, towards your ruin.

If you were to consciously lower the bar of importance of the situation, then your fear would go away. But the whole problem is that you won't be able to consciously drop importance. Thus, the only efficient remedy is having a safety net, or an alternative route. It could be different things in different situations.

If you do not have a safety net, then all you can do in a situation like that – is not to fight the anxiety. Trying to persuade yourself to not be afraid is pointless. Fooling yourself won't help you. Any form of fighting your fear will only take away your energy and make the excess potential worse. If it is impossible for you to not be afraid – be afraid. Act, as you know how, just don't fight the fear itself.

For example, if you are nervous before making a presentation – go ahead and be nervous. Worry naturally and with maximum pleasure. Give yourself away completely to this fantastic feeling. Let yourself lose your mind, the way that you like best. As soon as you allow yourself to do this, all your nervousness will in some magical way disappear somewhere unknown. That happens because a significant part of the energy is spent on fighting the nervousness.

Anxiety and worry are less powerful manifestations of fear. Here importance is produced by expecting the unknown. In that case there is the possibility of consciously lowering the bar of importance. If something is worrying you, explain to yourself that it really doesn't pay to worry. Fears and worst expectations are usually realized.

One of the ways to eliminate anxiety is through action – no matter what kind of action it is. The potentials of anxiety and worry dissolve in action. Idle worry will hang in the air, until you start acting actively. The nature of your activity may not even have anything to do with the object of your worry. It is enough to just start doing something, and you will feel right away how your worry is subsiding.

A good reference point for lowering the bar of importance could be the principle of coordination of intention: everything is running the way it should. Allow yourself to not know how the events should develop. Release

your grip of control over the script and give the situation an opportunity to successfully resolve itself.

The circumstances will automatically start developing in your favor, if you will be consciously moving with the flow, and not beating the water with your hands. The principle of coordination of intention works, you can be sure of that. The world isn't going to make trouble for anyone. Not because there are powers that will allegedly take care of you – but because less energy is spent that way.

Nature doesn't spend energy in vain. To nature, it is unprofitable to spend energy on you. Trouble is always associated with excessive energy consumption. Well-being, on the other hand, is the norm and requires minimum energy. The human mind, not having any idea about the way of least resistance, is fighting the flow of variations and piling up obstacles and problems onto himself. And where else should they come from? No one has yet abolished the law of energy conservation.

Only, you shouldn't understand the principle of coordination literally. For example, you shouldn't be getting into the heat of it all and at the same time keep telling yourself that everything is going as planned. But in general and on the whole you can rely on the principle of coordination.

"This is my problem: I put very high goals before me, but I am always surrounded by pendulums that are bothering me. I cannot talk to anyone about my goal, discuss my interests, and even my family is telling me that I won't succeed. While observing people, I see that everyone is practically the same. Please, give me some kind of advice".

Naturally, pendulums will be in your way, they are in everyone's way. To bring their counteraction to a minimum, it is necessary that you keep the bar of importance low. That is - don't attach excessively great significance to anything. Such a recommendation sounds unusual, yet the majority of problems are specifically caused by high internal and external importance levels.

"Very high goals" are not at all hard to achieve per se. The habitual stereotypes of your mind are what make them hard to achieve. You can

break these stereotypes with the help of the principle of coordination of intention.

You can achieve any goal, if it is yours. If the goal is someone else's, then when you will be playing in your thoughts the image where the goal has already been achieved, you'll be experiencing emotional discomfort of your soul.

When it comes to the choice of your goal and the specific matters concerning the means of achieving it, you can only take into account what others are telling you, but not more than that. Your soul commands should guide your actions, and not the advice of other people, particularly your family that "really wish you only the best".

But actually, I cannot determine the exact nature of your problem from your letter. The following phrase is especially strange: "While observing people, I see that practically everyone looks the same".

"I would like to explain: all the people around me, including my parents and friends, do not understand me, my desires, they make me act out of their interests. They do not even understand how anyone can think the way I do. And I am someone who prefers strict discipline, planning my day in advance, activity, persistence, perseverance in achieving my goal; I am someone, who strives to obtain new knowledge and so on. But my parents make me forget about it, they tell me that I need to find a job, relax and live (in my opinion, these are low goals). While all my friends have a philosophy of life that is, in my opinion, even worse: how to skip a class, how to make someone else feel bad, they can even offend our teacher, they discuss, in my opinion, uninteresting topics. They are also bothering me in class. In addition, my parents are always fighting".

Now the picture is somewhat clearer. I don't know - will you like my answer? But it is up to me to suggest, and then you decide. After all, I do not impose anything on anyone. You ask – I answer.

So, to solve this problem you need to fool around. Quite literally. I am completely serious saying this; do not think that I am mocking you.

You should pick the fool very carefully. Here you need to demonstrate all of the positive qualities that you have: pedantry, concentration, being goal oriented. Preferably, it should be an inanimate object, so as not to cause him any discomfort. Consider very carefully what you could use. I can suggest one alternative – a teddy bear.

Once a suitable fool has been found, develop an intelligible plan: where, when and how you will fool him around. It would be very useful to make a manual with a detailed description of actions, something like this: "The fooling about of the abovementioned fool is accomplished by rotating of the said fool along the longitudinal axis. The fool should be on a flat surface, in a state that is not preventive of its turning. The rotation of the fooled fool is made by the means of applying consecutive efforts, produced by the arms of the one fooling the fool around." And so on, along the same lines.

All in all, you manual and plan must be put together rather religiously, with clarifying of all possible details, including safety instructions. Treat this matter with all seriousness. As a result, you should have an impressive project. I recommend that you organize it as an office presentable project and arrange it into a business folder.

Once the project is done, proceed with its realization. Thoroughly prepare for this event and diligently produce all the necessary actions, strictly adhering to the manual. You should carry out all actions seriously and thoroughly, from time to time consulting the manual. Your face must look very intelligent and concentrated. If fits of imbecile laughter will get in the way, you can stop fooling the fool around for a while, laugh and snort until you can laugh no more, calm down, and then continue.

You're still thinking that I am mocking you? The thing is that the root of your problems is hidden in the elevated potential of your internal importance. You write: *"...I am someone who prefers strict discipline, planning my day in advance, activity, persistence, perse- verance in achieving my goal… but I am always surrounded by pendulums that are bothering me"*.

You ask too much of yourself (and, possible, of others). I cannot claim, but I assume that you loaded yourself with the role of a person that "seriously

and with all responsibility does something important". If that is the case, then there should always be people fussing around you with qualities completely opposite of your own. For example, you will be bothered by irresponsible, unfocused, undisciplined trouble-makers. Basically, all kinds of jerks will try to ruin your strict planning.

Why is that? Because your excess potential of internal importance generates a strong polarization. People with opposite qualities will be drawn to you, as iron chips to a magnet. That is how balancing forces work, which are aimed at eliminating the potential. The world around you – is your mirror. But if you create excess potentials of internal and external importance, the mirror is distorted. This distortion of reality manifests in you being surrounded by pendulums that are bothering you.

To be precise, people bothering you are not pendulums, but their string puppets. Pendulums feel the energy of your potential and make people behave in a way that will annoy you. You get irritated, but the jester is jumping even more violently – the pendulum is swinging him and harvesting the energy of your irritation.

However, should you only drop the potential of importance; as the image of the world around you will gradually transform. The same people may stay in it, but they will act completely different towards you. Once the polarization disappears, the mirror will get smoothed out, and reality will get back to normal.

But what causes this polarization? Can it really be your positive qualities? Not at all. You have great qualities, they do you credit and, without doubt, they will help you in life. Polarization appears as an effect of a relationship of dependence.

Your personal qualities do not induce any changes in the surrounding energy picture, until you start comparing yourself to others. For example, you are thinking: I am disciplined, while they are slobs; they are slowwitted, while I am goal oriented. This contrasting is what "drags on" the polarization.

By performing the current ritual, you will reduce to zero your entire internal importance. But, perhaps, you will find such a ritual unacceptable. Then it would be better, if you would just stop comparing yourself to the people around you. *Allow yourself to be you, and others – to be different. Release your grip.* The moment you do this, polarization will disappear, and the world around you will in some inconceivable way change its face – it will stop being in your way. That is when you will understand what "Reality Transurfing" is.

"You advised one serious reader to "fool around". And what should those people do who get too carried away "fooling around"? How to make yourself do serious work?"

You do not want to do any serious work – not because it is serious, but because it is not your work. Laziness – it is a state of one's soul. Of course, she doesn't have any desire to do something that's alien to her. Perhaps, she came into this world not to work hard for some pendulum, but to bask in the sun by a warm sea, or to go skiing in the Alps, or to travel, aren't there plenty of different pleasures in this world?

"And who's going to work then?" – the angry pendulum will ask. Well, you could answer casually, with the words of a fun student song: "Leave the job to that shaggy boar, it shouldn't roam about and roar." Quite so, after all, sense of duty and necessity – is something pendulums came up with.

In reality, our world is so rich and generous that there is enough of its wealth to go around, if everyone would move towards His or Her goal through His or Her door. That will probably never happen. But every man, if he would want it, could transform the layer of his world into a very cozy little place.

To do that you'd need to find your goal and your door. If you will be moving towards your goal, you won't have to persuade or force yourself. The soul will skip away to her goal through her door. Your goal could seem like troublesome work to others, but to you it would be a nice pleasure.

While you are moving towards someone else's goal through someone else's door, you are working for a pendulum. On this path your soul will always

tell you “I don’t want to”, and the mind will keep telling “you have to”. This is a path to nowhere, no matter how many reasonable arguments and beautiful decorations it is lined with. There is only one way out – to identify your goal and move towards it.

And meanwhile, the cure against forced necessity could be a game. Remember, how back in your childhood you were playing adult games: shop or hospital, for instance. So imagine now that you should not be working but playing.

You suffer from forced necessity only if you bury yourself in this game. Take on the role of a playing viewer. Act in a detached manner. Do not dedicate yourself entirely to something that you have to do. Imagine that it is a game. *Rent yourself out.*

Reality Inversion

Reality is relentlessly moving its frames along the film of time. Holidays come and go. It's such a shame that they so quickly come to an end. Hemingway was right: you always need to carry the feast with you. But that doesn't always work. The feast suddenly gets lost, and all the colors of life fade. In your heart, there is emptiness and anguish, sometimes explainable; sometimes it is there for no apparent reason.

The strangest thing is that the world submerges into darkness swiftly and eagerly, while illumination surfaces very slowly, after agonizing suspense. The tendency of man towards being negative does its dark deed. Depression – is when your soul and mind agree on that you feel bad.

In that case external intention is inevitably moving reality to the dark areas of the space of variations. The mirror reacts quickly, without delay. And there is no light for a long time after this, because you feel bad, and with this attitude of yours you are painting the layer of your world even blacker.

Sometimes things are so bad that you don't even have the strength to remember about Transurfing or anything of the kind. How to break free from this vicious circle and straighten out your reality? Actually, practically speaking it is rather difficult. And yet there is one radical method called *Reality Inversion.*

This was a very long time ago, but quite recently – just twenty years ago. At that time, we physics-students were studying at a positively terrifying faculty, where lecturers were behaving brutally with all of the atrocities of the Stone Age. Seventy five people would register for the course, but no more than twenty five would get to the end. In an environment like that there was one active law: *want to live – get to know how to laugh.*

We came up with a game then, which afterwards I forgot about. It was only later that I realized: the game was conducted according to all the rules of Transurfing. The point of the game was to turn one's attitude to the situation on its head, that is, to perform a kind of inversion. If someone is feeling

bad, the pendulum rule makes him suffer, worry, makes him bend under the weight of the problems, run amok. While the rules of our game stated that you need to do the other way around. How we did it, you be the judge.

“I experienced a rather joyous disappointment! The thing is that there was an incredibly lucky misfortune!”

“Something irreversible has happened, which immediately made things better for me!”

“Some handsome gentleman in a car charmingly covered me in mud.”

“All my attempts were in vain, and that became the keystone to success.”

“She doesn’t love me! No, it is too good to be true! The damn snake is faking it well.”

“He left me! I was heehawing like the Budenny horse.”

And so on, along the same lines, with all kinds of refinements. The only thing interrupting our game – was the hysterical loud laughter that was accompanying all of these transformations of failures. When you are attending a lecture, no one will let you roar with laughter, so the muffled giggling turned into some kind of rumbling, snorting, grunting, chuckling, gurgling and other sounds that hoofed animals and amphibians are capable of producing. During the break the accumulated energy spilled out into a completely idiotic howl, quite in the spirit of Castaneda.

What is happening here from the standpoint of Transurfing is that you understand yourself. Firstly, any kind of importance drops immediately and excess potentials disappear. Secondly, the parameters of radiation of thought energy of delight, even an idiotic one, in no way correspond to sad life tracks, thus the transfer occurs at once. The mirror reacts quickly, because the soul and mind finally drew a sigh of relief. As a result reality is straightening out.

Once we were about to have an exam on the theory of probability. Our lecturer was a horrible man, to put it mildly. Student hall, the night before

the exam. A sinister night. My friend and I are racking our brains over how to straighten out the situation.

Who knows what probability is and how to calculate it?

It is a mystery covered in darkness.

And our hags are sitting, cramming away.

Well, that doesn't suit us. Are we men or what?

Bastards, - a "hag" peeked through the door, having overheard our conversation.

Quite, you unfortunate one, we are Gentlemen!

Jerks.

Young scientists!

Morons.

In the end, someone suggested we play preference all night long. I said then: no, guys, this is way too much for me, I am going to sleep. But the "gentlemen" dressed up in suits and ties and with cigars in their mouths (the cheap kind) and with bottles of some kind of dubious liquid on the table, they sat down to play cards.

In the morning I found them at that very same table.

Idiots, - I tell them, - it won't work!

But they got up, roused themselves and went to their doom.

As a result it really didn't work. They got Cs. But me… a completely different story! I got a D. Truly; it was a stroke of luck! They envied me so much! They kept bugging me, looking into my eyes and questioning me, trembling: how did I manage to do this?

And I was walking around with my head proudly in the air.

You see! I told you! I hope you understand, gentlemen, where I wish you to insert these pitiful Cs?

That day we had a grand celebration of my victory. We had great fun. And on the next day I retook the exam and got an A. That is all. Have no doubt; it is not something I made up. If the inversion is made properly, the result won't make you wait.

Well and what if you are in such a terrible mood that you just can't bear to do an inversion? Then you need to make your mood even worse, bring it to grotesque, to absurdity. If the contrast of a slide is brought up to the max, it will at some point turn into a negative. That's pretty much how we were doing it.

A young woman is depressed. To make matters worse she dresses up in black and declares that she is in mourning. Everyone comes up to her, expresses their condolences, and takes an interest in how she has decided to take her life and when it will happen. Finally, she is surrounded by a group of scoundrels that start singing a depressing sorrowful song, with wailings, whining, wringing of hands, basically the whole shebang, worthy of respectable savages. Gradually, the savage song turns into a prolonged howl, then into a real dog bark and finally, when there is no longer any strength left to stand it, everybody, including the lady in black, starts roaring with laughter like mad.

Of course, everything is easy, when you have such a fun gang. But when you are by yourself, you have to manage on your own. Ways of doing it – well, that is already a matter of preference. Joking aside, you really need to bring the state you are in to the point of absurdity. Only, you shouldn't do it with the help of substances that alter the state of your consciousness, otherwise you will really feel bad.

But actually I personally do not like applying the method of contrast on my own, thus I do not recommend it. I cite it here for your information only. Feeling heavy-hearted, depressed, tells of an extremely low level of energy

of intention. It is better to keep your energy at a healthy level, and then there won't be any depressive states.

As you see, reality inversion is very similar to the principle of coordination of intention. The difference is only that inversion is more radical and full of humor.

Summary

If you do not control reality, it controls you.

CHAPTER VI

CONCLUSION

Based on the model of variations, I provide explanations to several paranormal phenomena and strange time and space phenomena.

Strange Reality

In conclusion I would like to strengthen the ground under the mind's feet just a little bit more. Alas, there is so much incredible in Transurfing that one has to keep explaining to the mind that it's all actually real.

Regardless of what model Transurfing is based on, its principles remain in force. In other words, *all these principles are invariant in regards to the model.* And the main principle is that the radiation of our thoughts doesn't only have an indirect but also a direct effect on the reality surrounding us. Formal science still refuses to accept this fact, as experimental testing yields ambiguous results. But you and I need to solve our problems now, and not wait until the scientists will have their weighty say.

We are all used to that our world obeys the law of causality, where every effect has its cause. By cause we usually understand some kind of action. But the actual thoughts of a person are typically perceived only as a guide to his subsequent actions, and not as a material radiation, capable of influencing the world around us. And nevertheless, facts – are a stubborn thing.

Unexplained manifestations of active external intention could not have been completely ignored by science. The famous Swiss psychiatrist Carl Jung investigated phenomena connected to the interaction of thoughts and material reality. He has analyzed hundreds of strange cases, which appeared as incomprehensible coincidences, not determined by any obvious causes. Jung defined such coincidences as *synchronicity.* In his lecture "On Synchronicity" Jung cites one classic example from his practice.

"On April 1, 1949, I made a note in the morning of an inscription containing a figure that was half man and half fish. There was fish for lunch. Somebody mentioned the custom of making an "April fish" of someone. In the afternoon, a former patient of mine, whom I had not seen for months, showed me some impressive pictures of fish. In the evening, I was shown a piece of embroidery with sea monsters and fishes in it. The next morning, I saw a former patient, who was visiting me for the first time

in ten years. She had dreamed of a large fish the night before. A few months later, when I was using this series for a larger work and had just finished writing it down, I walked to a spot by the lake in front of the house, where I had already been several times that morning. This time a fish a foot long lay on the sea-wall. Since no one else was present, I have no idea how the fish could have got there".[6]

I can't resist citing another extract from Jung's lecture. Why – you will find out later. He writes: "I could tell you a great many such stories, which are in principle no more surprising or incredible than the irrefutable results arrived at by Rhine (with reference to the experiments involving extrasensory perception, for example, card guessing. – *Author's note*), and you would soon see that almost every case calls for its own explanation. But the causal explanation, the only possible one from the standpoint of natural science, breaks down to the psychic relativization of space and time, which together form the indispensable premises for the cause-and-effect relationship.

My example concerns a young woman patient who, in spite of efforts made on both sides, proved to be psychologically inaccessible. The difficulty lay in the fact that she always knew better about everything. Her excellent education had provided her with a weapon ideally suited to this purpose, namely a highly polished Cartesian rationalism with an impeccably "geometrical" idea of reality. After several fruitless attempts to sweeten her rationalism with a somewhat more human understanding, I had to confine myself to the hope that something unexpected and irrational would turn up, something that would burst the intellectual retort into which she had sealed herself.

Well, I was sitting opposite her one day, with my back to the window, listening to her flow of rhetoric. She had had an impressive dream the night before, in which someone had given her a golden scarab – a costly piece of jewelry. While she was still telling me this dream, I heard something behind me gently tapping on the window. I turned round and saw that it was a fairly large flying insect that was knocking against the window-pane from outside in an obvious effort to get into the dark room. This seemed to me very strange. I opened the window immediately and caught the creature in the air as it flew in. It was a scarabaeid beetle, or common rose-chafer

(*Cetonia aurata*), whose gold-green color most nearly resembles that of a golden scarab. I handed the beetle to my patient with the words, "Here is your golden scarab." This experience punctured the desired hole in her rationalism and broke the ice of her intellectual resistance. The treatment could now be continued with satisfactory results". [7]

So, about half an hour after thinking about Jung's beetle and considering, whether I should include it as an example, into my window flew a Wanderer of rather impressive appearance. It was a beetle, resembling the one mentioned above. I have to admit that, although such visits are extremely rare, I wasn't at all surprised, but not because I am used to reacting calmly to synchronicity phenomena. On the contrary, absorbed in my own thoughts, I didn't attach any importance to it at all. I automatically let the beetle out the open window-pane, so that the insect didn't have to look for it. And only once some time had passed, I got terrified: God, what an idiot I am! As many times as external intention announces its presence, just as many times I open my eyes wide in amazement. You see, I was actually sleeping soundly awake, as they were tugging me to show me a sign. If I were superstitious, I would have thought it to be a sign from above. You can imagine how people are always sleeping awake, not noticing the obvious manifestations of external intention.

There are plenty more examples like this. From the standpoint of Transurfing, the situation here is pretty clear: in isolated cases, visualization gives rise to a strong blast of wind of external intention. But Jung is in no hurry to make a final conclusion on what actually caused these coincidences: whether thoughts form events or whether thoughts occur as a result of an unconscious foreknowledge of events. On the one hand, Jung says that "thought have formed the basis for the series of chance events", but on the other hand – "it is sometimes difficult to avoid the impression that there is a sort of foreknowledge of the coming series of events".[8]

In his work "Synchronicity: An Acausal Connecting Principle" (1960), Jung defined synchronicity as "the simultaneous occurrence of a certain psychic state with one or more external events which appear as meaningful parallels to the momentary subjective state". Jung hesitated for a long time to publish

his work, because the synchronicity phenomenon is inconceivable to traditional scientific thinking.

Jung makes a vague, but rather bold, according to the standards of traditional science, conclusion. “Synchronistic phenomena prove the simultaneous occurrence of meaningful equivalences in heterogeneous, causally unrelated processes; in other words, they prove that a content perceived by an observer can, at the same time, be represented by an outside event, without any causal connection. From this it follows either that the psyche cannot be localized in space, or that space is relative to the psyche”.[9]

Evidently, there is no violation of the law of causality. The cause is always there, it is just that the mechanism of interaction of thoughts and the surroundings is manifested in an unclear and so far incomprehensible way. Then what *causes* synchronistic coincidences: are events shaped by thoughts or do thoughts actually appear as a premonition of events? From the standpoint of Transurfing, both things take place. The soul gets access to the data, stored in the field of information, which can then be interpreted by the mind. The mind, in its turn, shapes thoughts, which in the presence of unity between the soul and mind can be manifested in material reality. These tenets are what Transurfing is based on. But I emphasize once again that the model of variations disclaims an accurate description of the world, instead – it serves only as a benchmark, a basis for understanding of the principles. We still know too little about this world. But that doesn’t stop us from applying the principles of Transurfing. And that they work – is up to you to find out.

All phenomena, related to the effect of thought energy on the surrounding world, could be justified by the famous quantum physics theorem of John Bell, which goes like this: “There are no isolated systems; every particle in the universe is in instantaneous (faster than the speed of light) communication with every other particle. The entire System, even if its parts are separated by huge distances, functions as a Whole System”. This theorem has been proved theoretically and has already found practical confirmation. Although, “instantaneous communication” conflicts with a

certain relativity theory, which claims that energy cannot spread faster than light. Nonetheless, the theorem has a place.

Turns out external intention doesn't conform to the theory of relativity. Actually, quantum physics is based on improvable postulates. This means that quantum physics too represents a specific model. And there is not one incomprehensible contradiction, but a whole lot of them. This once again confirms that you shouldn't attach too much significance to a model. And I must note that Jung's ideas have found support in the actual founders of modern physics – Wolfgang Pauli and Albert Einstein. Though, it is very likely that the process of information exchange doesn't have anything to do with energy at all, and that is why it could happen faster than the speed of light.

You can find contradictions in the model of variations too, but it nonetheless explains quite a few things. The model of variations if not eliminates, then at the very least "smoothes out" some known paradoxes of space and time. Until now we have been examining the transference onto other life tracks in sync with time. Life tracks have always been parallel to the time axis. In other words, the transfer has always been made from one point in time to the very same point in time.

Now, imagine two life tracks that are not parallel to the time axis. Projections of one and the same point of these tracks onto the time axis will lie in different places. A transfer between these tracks means moving in time, to the past or the future, depending on the direction of the slope. The relative steepness of the slope is determined by the remoteness of the transfer in time.

By analogy, if two life tracks are not parallel to the chosen space axis, a transfer between them would entail an instant (or inconceivably quick) transfer in space. Steepness and direction of the slope of the tracks is determined by the level of remoteness and the direction of the transfer. This is a rather basic explanation, but it is quite acceptable for our understanding.

The meticulous Reader may object: well, and what about the paradox of disruption of the cause-and-effect relationships when traveling in time?

Let's suppose I go to the past, to a time before I was born and there…I brutally murder my parents. Then how did I come into this world? The given paradox within the framework of the model of variations only appears to be such. Indeed, on that life track I cannot get born. So what? After all, I was born on another life track. I'll remind you that there are an infinite number of life tracks – variations, where I exist and where I do not. The most bloodthirsty paradox lover could even go back to his childhood, meet himself there and settle with the innocent creature. However, in this case he won't meet himself, but a realization of his separate variation, which exists along with all kinds of other variations.

You really cannot change the past, it has already happened. But it happened not only because a past section of a life track was realized, but because the variations of past events were already in existence. Thus, causal links are not disrupted when you move from one life track to another. You could take a roll of film and cross over one frame, but that won't damage the subsequent frames. Time is static. Only the realization of variations on a life track is subject to dynamic change. In exactly the same way the spot of light from a flash-light is moving across the trees in a dark forest.

What is actually impossible to do is to travel to the past or the future on one and the same life track. Paradoxes actually take place only in this situation. Isn't this why the predictions of clairvoyants are quite approximate, and often – wrong? Clairvoyants are able to in a way scan the fragments of the future. If the scanned fragments are on other life tracks, then the errors in predictions are easily explained. In accordance with the model of variations, the further away a track from another, the greater the differences in the script.

Scientists are also perplexed by the movement patterns of a UFO: instant acceleration, stop, sudden change in direction at a right angle. Taking inertness into account, a movement pattern like that is impossible. Besides, the inhabitants of these devices must experience huge overloads. From the standpoint of Transurfing there is nothing supernatural about this. Aliens do not experience any overloads at all, because UFOs do not fly, like our airplanes and space shuttles. Most likely, we are not observing the

movement of the actual object itself, but of its realization in the space of variations.

In matters concerning the soul and mind there are also plenty of perplexing things. Material science imagines the world as a mechanical system. In other words, matter is principal and determines consciousness. In the light of recent achievements of that same science, this particular model is gradually losing its prestige. However, the change of models will happen again and again, if man falsely assumes that he can penetrate the actual essence of fundamental laws of nature. Equally well, a hen could phrase its conception of the creation, construction and the development of the poultry farm. Man, in his intellectual evolution is a step above the hen, but the infinite complexity of the world doesn't get closer. It is beyond man to know and understand everything there is.

The pendulums of science and religion, laying claim to being the last instance of truth, have conquered their dominion not so much due to correct interpretation of the truth, as to their persecution of dissidents. The constant hostility exists not only between the pendulums of science and religion in general, but also between separate branches within these pendulums. The battle doesn't stop. Yet, this battle is not for the truth, but for adherents.

When I was substantiating the mind's inability to store all information, I was basing my argument on the model of imagining information in terms of computer bytes. But this particular model could turn out to be completely incompatible with the neural activity of the brain. Who knows how this information is stored exactly? Imagine, how a scientist, coming from an age where there was no TV or radio, would have gone about researching a TV or a radio? He would probably try to push buttons, take out various parts and look for various changes on the display. Not knowing how a TV works, and basing his conclusion on the results of his "scientific" observations, this scientist would have arrived at different conclusions, at the base of which would be one, seemingly, undeniable fact: a TV generates all these TV-shows on its own. They are born there, in these transistors and micro circuitries.

In about the same way the adherents of the mechanical model explore the human brain. Indeed, damage to certain areas of the brain has a predictable

effect on perception and cognitive function. The operating principle of human intellect still remains unsolved. Nevertheless, the adherents of the mechanical model conclude that matter is what determines consciousness, and it cannot be any other way. Conservative followers of the mechanical model, proudly calling themselves scientists, haughtily declare that: they are doing genuine science, which is based on factual data, and not on amateur speculations. Everything that doesn't fit the frame of the theory is declared to be anti-scientific and is not only rejected, but is subject to persecution. Fortunately, there are fewer and fewer scientists like that.

You could argue against or agree with this, just keep in mind that it is only a model. No one knows how it all really happens. The mind has a tendency to reject things that do not fit the frame of sensible explanations. Until the mind has made sure the knowledge is reasonable, he won't let it into his worldview template. There is no doubt that Transurfing works, but to be able to use it you need to have at least some kind of explanation for your mind.

The model of variations gives us an opportunity to feel the ground under our feet. But not more than that. It remains only a scheme. It could be transformed into another, more intricate model. For example, one could cast aside the assumption that there are so called life tracks, which made it easier to understand in the beginning of the book. Then the space of variations goes from being discrete to being continuous. There are no longer any paths in the forest, there is just the forest. However, that doesn't change the essence of Transurfing. No matter what the model is, it will only more or less adequately reflect reality. The path of learning about reality is infinite, as the infinite ways in which reality may manifest itself.

Perhaps, you will note to yourself that the principles of Transurfing echo the principles of other similar teachings. There is nothing strange about that. Any teaching is relatively insular and represents a self-sufficient model. But to the extent that we are all people with a more or less qualitatively similar worldview, the models too may have similar areas. It is pointless, asking yourself the question - which of these models describes the world most adequately. The only thing that matters is what practical results could be gained from this or any other model.

Take mathematics, for instance. Different branches of mathematics represent different models describing material realization. You could solve one and the same physics problem in several ways, applying different mathematical apparatuses. There is no point in arguing about what is better – analytical geometry or differential calculus. You can only choose what you like best. So go ahead and make your choice.

The Intention of Ancient Magicians

In conclusion, I would like to join the intention of ancient magicians. I mean the keepers of Knowledge that lived in our reality until the disintegration of the last civilization. Shards of this Knowledge have reached our days in the shape of isolated esoteric teachings and practices.

There is information, although not subject to testing, that some of the ancient magicians have gone to another reality and are now trying to pass on their Knowledge to humanity by transcendental means.

Just recently I would have treated similar claims with a level of skepticism, to put it mildly. But in the last couple of decades there are more and more cases when different people in different corners of our planet and independently of each other, provide similar interpretations of one and the same Knowledge. And now, I too was forced to face this Knowledge, which, as I have already mentioned, could in no way come into being inside my head.

I cannot claim for sure that the Overseer, the encounter with which I wrote about in the first chapter of this book, exists, at least in our reality. But I have plenty of reasons to believe that he exists nonetheless.

In my dreams, I have met many different characters, but they did not have any effect whatsoever on my rather conservative worldview. My encounter with the Overseer, however, did not only turn my conception of the world upside down, but also my whole life.

Suddenly, without rhyme or reason, a former physicist, without any special inclinations, started writing books. It is too incredible and extravagant, if one were to assume that what caused this was an ordinary dream.

Since that first encounter, the Overseer hasn't visited me again. But sometimes I think that I feel his invisible presence. Anyway, I have never considered and do not consider Transurfing *my* Knowledge.

I am just a repeater, tuned into a corresponding area in the space of variations. And I do not sense my merit, although I must admit I had great difficulties putting the Knowledge of Transurfing into words and reducing it down to a system. It is one thing to find out; it is a completely different thing – being able to tell about it.

You shall in your turn not only discover, but experience all of this Knowledge. Having devoured the book, you do not obtain Knowledge, but *familiarity.* These are two different things!

Transurfing offers rather specific methods of turning dreams into reality. But someone may think that even that is not enough. If you are going to look for tricks, like the procedure of tying a tie, then you could senselessly spend your life doing that, because controlling your fate doesn't fit the rules like the ones that go: "one, two, three".

You cannot reduce Transurfing to a technique of performing some kind of tricks. *It is not about the technique, but about becoming aware of your inner freedom and feeling that you are the master of the layer of your world.* Once you've got that feeling, everything will roll on its own, without any technique.

But to achieve that level of awareness you need to make Transurfing your way of life. There is no other way. And it is not at all burdensome; rather - fascinating, like playing with a mirror.

The world – is the mirror of your attitude towards it, only with a delayed reaction. By comparing your attitude with the subsequent reaction of the mirror, you are teaching your mind one simple truth that is nonetheless difficult to comprehend: *with your intention you are shaping the layer of your world.*

You also need to get used a just as simple, but strange truth the means and ways of attaining your goal should not bother you. At the base of this claim lies one fundamental principle: *the direction of intention is determined by the vector of the flow of variations.*

You only need to maintain this course and not be in the way of the flow of variations. The means of attaining your goal will present themselves, you won't be able to and you shouldn't know in what way your goal will be realized. *No matter what is going on, if you keep the goal slide in your head and observe the principle of coordi- nation, the flow of variation is carrying you to your goal.* Such is the law.

Realization of the principles of Transurfing won't happen just like that once you've read the book. Familiarity will turn into realization only as a result of practice. Do not expect instant results. If you intend, then everything will sooner or later work out.

Perhaps, in this book I didn't manage to adequately fulfill the intention of the ancient magicians and pass on to you the Knowledge of Transurfing in its fullness. But I intend to continue this business and soon another book will become available – "Apples Fall to the Sky".

In this book new frontiers will be revealed to you, which make our amazing and wonderful *mirror world* sparkle.

EPILOGUE

And so, our magic field-trip to the world of Transurfing has come to an end. If you were only satisfying your curiosity, then to you Transurfing will remain nothing but a field-trip, and one wouldn't expect you to return. But if nonetheless something in this book touched on the sensitive chords of your soul, then the magic journey has only begun.

I do not care if you believe all this or not. After all, having met the Overseer in the space of dreams I didn't believe it myself. I do not intend, like pendulums, to gather around me a cohort of adherents and try to prove something to everyone.

By practically applying the principles of Transurfing, you will not only see for yourself that they are working, but you will also make a lot of new amazing discoveries, about which no one had any idea. Then, perhaps, you will write to me, and we will feel happy and be amazed together.

All of us are, in essence, lone Wanderers in the infinite space of variations. Transurfing lights a flicker of hope for the tired Wanderer, making his way through in the darkness of false limitations and stereotypes. Make use of your right to the freedom of choice, and then you will hear the rustling of the morning stars, and your apples will fall to the sky. Good luck to you, lone Wanderer!

ENDNOTES

1. Exodus 20:2-17

2. Matthew 22:36-40

3. Matthew 9:29

4. Matthew 22:21

5. Bulgakov M.A. “Dog’s Heart”

6. Jung, C.G. (1951b). “On Synchronicity”, p.970, in *Collected Works*, vol.8, *The Structure and Dynamics of the Psyche*, 2nd edition, London: Routledge and Kegan Paul, 1969

7. Jung, C.G. (1951b). “On Synchronicity”, p.981-982, in *Collected Works*, vol.8, *The Structure and Dynamics of the Psyche*, 2nd edition, London: Routledge and Kegan Paul, 1969

8. Jung, C.G. (1951b). “On Synchronicity”, p.972, in *Collected Works*, vol.8, *The Structure and Dynamics of the Psyche*, 2nd edition, London: Routledge and Kegan Paul, 1969

9. Jung, C.G. (1951b). “On Synchronicity”, p.996, in *Collected Works*, vol.8, *The Structure and Dynamics of the Psyche*, 2nd edition, London: Routledge and Kegan Paul, 1969

BOOKS

O is a symbol of the world, of oneness and unity. In different cultures it also means the “eye,” symbolizing knowledge and insight. We aim to publish books that are accessible, constructive and that challenge accepted opinion, both that of academia and the “moral majority.”

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